



# The Tiger Chronicle

College Preparatory  
Middle School

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## School's Back!

Welcome back to another school year. The first quarter is always such a busy one, full of events. Our students have already experienced the Book Fair, and the Red Ribbon Week K9 assembly, and smiled for the camera at Picture Day. On top of this, families have



been visiting the campus for Open House and Fall Conferences. As for the teachers, we have been busy getting to know our classes, and welcoming our new students. We also have a handful of new teachers, some of whom are profiled in the pages of this issue of The Tiger Chronicle.

On top of those interesting teacher profiles, this issue represents the usual broad range of student interests. Some of our student journalists have researched important topics like various aspects of a healthy lifestyle, while some of our other

Tigers have focused on fun of theme parks and music! During the writing of some articles, it was interesting for us to learn the ways that history has impacted the present. Please take some time and enjoy reading the results of all the hard work - from brainstorming ideas, to researching information, to surveying peers and interviewing teachers - our student journalists invested in each article!

## Earn Your Stripes!

## *Prepared-Respectful-Engaged-Professional*

## Mr. Mosier and Frisbee Fun: New Additions to the P.E. Curriculum!

Evan G.

From a new frisbee course to a brand new instructor, CPMS has introduced many changes to its P.E. curriculum. Some have a greater influence than others, but they all greatly affect the student's daily lives at College Prep. So what are these changes, and why were they made? This year's additions begin with the introduction of our new P.E. teacher: Mr. Mosier! Other changes include mile schedules, changing room times, and even the addition of a new Frisbee course, all of which will be covered later in this article. For now however, let's take a look at our brand new instructor.



In researching the P.E. changes this year, Mr. Mosier was interviewed to share details about his life and to explain what he hopes to achieve as a P.E. coach. So what did Mr. Mosier do before he joined CPMS? Back before he was even a P.E. teacher, Mr. Mosier had spent most of his life playing baseball; in fact, he was even drafted in 2011 as a catcher by the Chicago White Sox from Valhalla High School! Later in his baseball career, he quit being a player and switched to a job as a type of sports psychologist. This position requires a person who specializes in developing rapport, or building positive relationships where the groups in it understand each other and communicate well.



This provided a basis for great skills in his teaching future, including forming bonds between himself and his students. He specifically worked with the pitching staff in order to “help them throw as many strikes as possible.” After that he worked as a scout, giving managers and coaches information on who to sign to their team. One of the big things he enjoyed as he worked as a scout, Mr. Mosier says, was “traveling to different places, visiting new ballparks, and evaluating players,” which I believe would be the perfect kind of job to fit his energetic personality. Mr. Mosier explains that he chose baseball as a career because it was a big part of his identity and he “loved everything about it.” Once he ended his work in baseball, Mr. Mosier decided to become a P.E. teacher due to his love of “being active, being outside, and sharing knowledge with the next generations to come.” He explains this was because he’d always



grown up playing outside with his friends and family, and that he had “learned a lot of things in the places he’d gone in life.” For example, Mr. Mosier states, “Dealing with times of adversity in sports and getting to know a lot of other cultures helps me be a well rounded person.” He says he wants to share those qualities with his students through his teaching and show them how to lead by example. This is a beautiful aspect of Mr. Mosier’s teaching philosophy, and provides another reason why he’s a perfect fit for our CPMS staff.

Now that we know why Mr. Mosier became a P.E. teacher and joined CPMS, let’s find out what he looks forward to in this year’s curriculum. Mr. Mosier is excited to coach team sports, specifically basketball, soccer, and Capture the Flag. They are his favorite because he loves “seeing good team communication and strategy.” He explains his reasoning behind this is his philosophy that “If teams don’t communicate well and respect one and other, then it will be hard to build a selfless approach.”

Mr. Mosier wants to teach this approach towards teamwork to his students due to its importance in baseball, the sport he has played for most of his life. In summary, Mr. Mosier is a great addition to the CPMS team because of his positive attitude toward the curriculum, and students should look forward to learning from him for years to come due to the determination he has in teaching the next generation how to be fit and healthy.



We also surveyed 8th grade students and, on the subject of Mr. Mosier, most of them really enjoy his positive attitude toward teaching. Liana O. supports this as she says her favorite thing about Mr. Mosier is how he “always wants to get the most out of each day in P.E.” and Jacob A., who says he really likes how Mr. Mosier “walks us through the activities in detail, and is willing to always help us out.” Other students enjoy how casual he is, with students like Chloe B. saying “how Mr. Mosier is so nice and calm with everybody,” and Natalie N. who explains how she “likes how Mr. Mosier tells jokes.” In general, the students really enjoy his teaching style and his attitude, and look forward to working more with him this year.



Another one of the biggest changes to this year’s P.E. curriculum was the introduction of a new unit. The previous year’s units included soccer, basketball, football, pickleball, volleyball, hockey, and lacrosse. Now, however, the frisbee course has been added, most likely replacing one of the contact sports like lacrosse or hockey. More specifically, this course covers the sport of Ultimate Frisbee, or Ultimate, which the WFDF (World Flying Disc Federation, the group

recognized by the International Olympic Committee for the majority of flying disc sports) describes as, “a non-contact, self-refereed team sport played with a flying disc frisbee.” So what are the rules of Ultimate Frisbee, and how is this brand new sport played?

The rules of ultimate frisbee are as follows; two seven-player teams compete on a field similar to that of an American Football field, but narrower. Also similar to football, there is an end zone at each end of the field. Each team protects one of these zones and scores if one of their team’s players catches the disc in the other team’s zone. Whichever player is holding the disc is called the thrower, and while they maintain the frisbee’s possession they cannot move. Instead the thrower must move the disc toward the opposing team’s end zone by passing to their teammates forward, backward, or side to side. However, the defending team gains possession of the disc if they manage to intercept one of the attacking team’s passes, or if the pass isn’t caught by the offensive player receiving said pass. Once this happens, the defensive team becomes the offensive team and play continues from the opposite side of the field. This cycle is repeated until an offensive team scores a point in an end zone, in which case the defensive team starts with the disc and begins play again. The first team to score 30 points is declared the winner!



As stated in the description from WFDF, Ultimate Frisbee could be an Olympic sport and therefore is played professionally. Taking a deeper look on the topic, professional Ultimate teams are distributed by city, like American Football teams are, though Ultimate does also have world tournaments with teams that each represent a country. Athletes looking to play Ultimate professionally can expect the following; all Ultimate games rely on a policy WFDF calls “Spirit of the Game” - which puts respect and the joy of play at the top priority. Players are expected to always play fair and respect opposing teams. So, most Ultimate teams will be friendly and should be welcoming to help players develop their skills even further. Interestingly, money earned from playing professionally averages at around \$9,430 a month, with top earners getting up to \$14,600 monthly. This means that the top players can earn up to as much as a doctor!

So how was this sport created? It all started in 1967, when Joel Silver and a few others invented Ultimate Frisbee at Columbia High School in Maplewood, New Jersey. For the next two years



Ultimate would be played on the Columbia High School parking lot through to 1970, when the Ultimate Frisbee rules were written by its inventor and two others, Buzzy Hellring and John Hines, which led to Ultimate's first interscholastic game between Columbia and Milburn High. Two years



after that, Ultimate had its first intercollegiate game in 1972, and then the first organized Ultimate tournament was played on April 25th, 1975 - where eight teams competed in the "Yale Intercollegiate Ultimate Frisbee Championships" on grass. The Yale Championships were renamed to the "National Ultimate Frisbee Championships," and through 1979-1983, Ultimate expanded into an international sensation. Professional Ultimate Frisbee crossed the Atlantic, with the first Ultimate European Championship being played in 1980 and hosted in

Paris. Then, in 1983, the first ever World Ultimate Championships were held in Gothenburg, Sweden. This means Ultimate Frisbee went from a casual game to a worldwide craze in only 13 years!

Now that we've discussed what this sport is, CPMS 8th graders have been surveyed on the sport. When asked about Ultimate Frisbee, they had some mixed opinions. While most think frisbee was a great addition, like Giselle Z. and Rory K. who "think the frisbee course is pretty fun," they note that it can be difficult to play and that we'd most likely lose a lot of discs over the fence. I have experienced this firsthand, where we lost three frisbees in one class period. Overall, frisbee will be a great addition to the P.E. curriculum this year, though we must be mindful of the restrictions of our campus - like the shorter fences and small field - to ensure we don't lose too many frisbees!



Now that we've covered the most influential of the P.E. changes, we can move on to a few of the smaller ones. These are some additions that 8th graders at CPMS have recognized so far in the P.E. year: Kai P., Rory K., and Jacob A. each noticed that we stopped doing last year's interval runs and replaced it with running the mile every Friday. These students enjoy this new approach very much because it means the students get free time after the mile ends, giving them a period to relax and play after their run. Another change is the introduction of warm-ups before class every day, as noted by Natalie N. One change that Mrs. Drada introduced fixed a problem from last year, as Layla H. noticed, which was the addition of a tent that has been added over the mile



timer so that it's easier for students to see their time when they finish. This was needed because the glare of the sun would obscure the timer, causing difficulty for some students to see their time. Finally, Alex S. and Julian K. each realized that students now get more time to change into and out of their P.E. clothes before and after class and the level of disciplinary action for forgetting to change out has been reduced. This pleases both of them because it "doesn't make them feel like they have to rush," and also gives students a bit more leniency if they lose their P.E. clothes for a few days. As the author of this article, my opinion is that P.E. this year has grown a lot and will continue to develop solutions to improve our lives at CPMS. In conclusion, P.E. at College Prep has expanded in many ways, and there is much to look forward to for the year ahead.

#### Tiger Chronicle Staff:

Jacob A.	Hailey I.
Isabel A.	Alyssa K.
Lujain A. K.	Rory K.
Chloe B.	Julian K.
George B.	Gavin L.
Carolynn B.	Natalie N.
Branden B.	Liana O.
Victoria E.	Kai P.
Evan G.	Tilly S.
Julian G.	Emmalin T.
Carsyn G.	Giselle Z.
Layla H.	





# Mickey vs. Mr. Six

Tilly S. & Layla H.

Picture this... you're strapped in, on your way to the top of the roller coaster, with sweaty hands and butterflies in your stomach. Adrenaline is flowing through your body as you count down the seconds until you drop. 3, 2, 1... You feel the wind in your face and all you hear is a mix of terrified and happy screams. This feeling of your heart pounding in your chest is a feeling of excitement you will never forget! Or perhaps thrilling roller coasters are not your thing? Maybe you prefer the fun of seeing your favorite Disneyland character come to life and imagine hugging them and encountering the joyful feeling you get. Once you meet your favorite Disneyland character you will never be the same! These are the feelings evoked in people while visiting Six Flags or Disneyland. Which of these parks would you rather go to?



Disneyland and Six Flags are popular amusement parks each of which attracts millions of tourists every year. Disneyland was opened in 1955 and is known for all their fun rides and loved characters. Six Flags first opened in 1961 and started to become a very successful thrill park that made a perfect form of family entertainment. Disneyland is in Anaheim CA, which is about an hour and a half drive north of San Diego. Six Flags is further away - it takes three and a half hours to drive to its location in Valencia, which is north of LA.



Let's learn about the history of each park. Walt Disney, the inventor of Disneyland, opened his first amusement park on July 17, 1955. Walt Disney was born on December 5th 1901, and died December 15th 1966. Over his 65 years of life, he managed to become one of the most famous people at the time, while also being able to build a successful amusement park. With the construction cost of only \$17 million compared to the \$630 million cost of Universal Studios in Florida, people were very impressed with how much was built. In 1954, Disneyland's construction workers managed to complete the park in one year. On the day the theme park opened, Disneyland invited 11,000 guests to join them and celebrate the opening. Even though only 11,000 guests were invited, 28,000 people attended! Now 68 years later, it is still one of the most famous theme parks in the world. Six years after Disneyland opened, Six Flags was created.



Over 50 years ago, Six Flags was founded by Mr. Angus Wynne. Even though the park we are interested in is in California, the first Six Flags park was in Texas, opened in 1961. The total cost to create the theme park was just over \$3 million and people from all around Texas came to see it. Six Flags was successful because it was envisioned by Mr. Wynne as he studied other successful people's theme parks and added in his own thoughts and ideas. After the park opened, Six Flags made six themed sections that represented the six different countries that Texas has been a part of over the years: the Confederate States of America, Spain, France, Mexico, the Republic of Texas, and the United States of America. These countries' flags have each governed Texas at one point in time and the slogan "Six Flags over Texas" is how Six Flags received its name. With these sections it was a wonderful experience and a mixture of different cultures, which visitors in the park loved. Another Six Flags



Magic Mountain was built in California on May 29, 1971. Today, Six Flags is a very popular place that many people from all over the world come to visit, and it has a variety of fun thrill rides.

How much does it cost for a day at these parks? The cost of Disneyland and Six Flag tickets vary depending on the package bought, but the prices can be reasonable. The cost of Disneyland's passes will at first appear to be a little pricey, but Disneyland has multiple options to pick from while buying tickets. If the buyer is only interested in a day pass, it usually costs around \$80-\$145 per person. It also depends on the day, so costs can be higher or lower. If purchased Disneyland has a Genie pass that allows people to skip the lines, and go right up to the front. The Genie pass costs an extra \$25 per day and person, but think of all the time saved by not waiting in lines! The daily cost of Six Flags tickets is \$71 per person, but Six Flags also has many different season passes and different purchase options if a visitor is looking to go more times in the year. For example, Six Flags



has the season Platinum pass that costs \$99 per person, but it gets 15% off all food and accessories, plus unlimited access to Six Flags Magic Mountain with general parking. Even though the prices may seem high at first, it is worth the fun experience.



Six Flags and Disneyland both have very popular rides but at CPMS, students have their own opinions about their favorite ride. According to Destination Checkoff - a website that helps people plan vacations - Disneyland's most popular rides are Rise of Resistance and Mickey and Minnie's Runaway Rail. But a lot of the students at CPMS disagree with this claim. We surveyed about 50



CPMS 8th grade students and a lot of different opinions came back. What we acquired: Delina K. says her favorite ride is “Jungle Cruise, because it's interesting” - while Barrett J. prefers “Guardians of the Galaxy Mission Breakout, because it's very fun, has a thrilling ride experience and has excellent themes.” Another ride came from Nate C.: “Pirates of the Caribbean, because it's very cool and the animatronics are scary.” An additional opinion we received was from Chloe B., who could not choose between Splash Mountain or Matterhorn. According to the website Theme Park Center - a website that has partnered with big theme park companies to help visitors - the most popular ride at Six Flags is X2 because it is the “world's first 4D coaster” and “is hands down one of the weirdest, yet most amazing experiences that you'll ever have if you're a fan of coasters.” Many 8th graders at CPMS agree with this statement, including Victoria E., who said X2 is her favorite ride because “it's super intense and gets my heart pumping,” especially when “you flip around and go really fast.” X2 is a very thrilling and popular ride at Six Flags that so many people enjoy.



CPMS students have different opinions on Six Flags and Disneyland, but most 8th graders can agree on who their favorite character from Disneyland is. Liana O., Giselle Z., and Alex S. each gave some variation of this answer: “Mickey Mouse or Minnie Mouse because they're the OG's, and I remember them from my childhood.” A lot of 8th grade students agreed with this statement. But what do CPMS students think about Six Flags? Six Flags is a three and a half hour drive from San Diego and most



CPMS students seem to think the drive is worth the experience. Barrett J. (8th grade) states, “Six Flags is definitely worth it.” but on the other hand Rachel Q. (8th grade) doesn't like the experience “...because most of the time I leave Six Flags I'm either really dizzy or I just don't feel good.” Most CPMS students can agree on their favorite Disneyland character and that it is worth the three and a half hour drive to get to Six Flags.

Although both theme parks are great, CPMS students like Disneyland better because, as Carsyn G. (8th grade) told us: “it re-imagines the classic movies that we know and love and they have rides for all ages.” Chloe B. (8th grade) mentions that Disneyland also has “all the movie-inspired rides, and has many different types of foods at the park.”

We personally think Six Flags is the better option because it has bigger rides that are more for our age and because it has a better price. Even though most 8th graders from CPMS liked Disneyland better, Six Flags is still a very entertaining amusement park to go to.

# Trench off the Bench

Alyssa K. & Carsyn G.

Did you know our brand new 5th grade teacher once had a very traumatic experience when a plane he was in nearly crashed? You may be shocked to learn about this very serious event from Mr. Trench's past, but he is a resilient man who now creates a protective environment for our newest Tigers. More about that plane crash later! Instead, let's start with the fact that Mr. Trench is known to be a very kind-hearted and wholesome person, and 5th graders get the gift of having him for their WHOLE 5th grade year. He is one of College Prep's newest teachers and he's really excited to be teaching at CPMS!



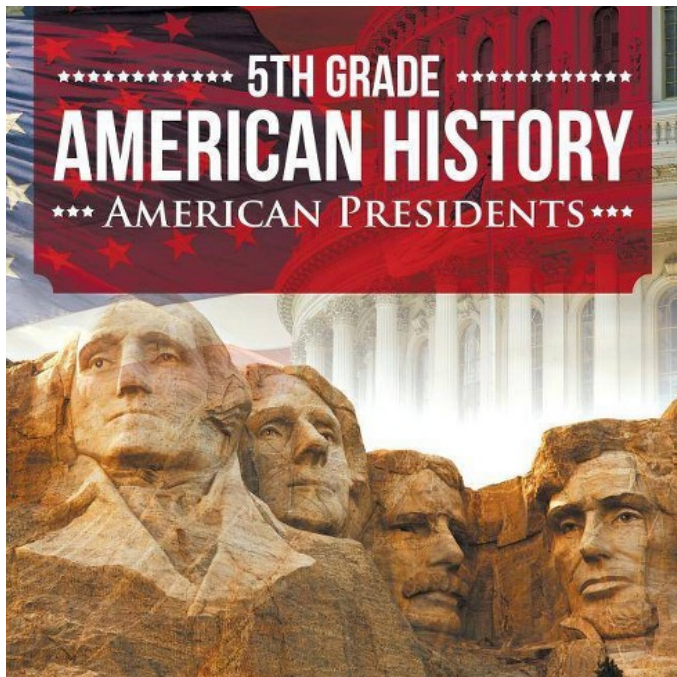
Mr. Trench has ended up teaching here, but before this he had moved to many different places before settling down in San Diego. After he was born in Santa Barbara, his family moved to New England, so that is where Mr. Trench grew up. In 1998, he then moved to San Francisco and lived there until 2003, then he decided he wanted to come down to San Diego, where he had eventually started teaching. He found this profession interesting because he loves to see his 5th grade students think and learn, and to see all the great things his students are capable of, so let's dive in and explore all the amazing things Mr. Trench and his students have to offer!

Our interview with Mr. Trench revealed a lot about what makes him want to teach. While Mr. Trench is very appreciative and delighted to be a teacher now, readers may be surprised to know that he was not super-fascinated by this as a career while he was younger. On the other hand, he has always been very interested in history, specifically "the long-term consequences" or "the what if's" involved in learning about the past. This shows us how Mr. Trench's favorite part of teaching history is taking different knowledge, and teaching the most important information that history carries. Mr. Trench especially likes teaching how specific choices people made have affected key moments in history. After teaching for a while, Mr. Trench found that "sharing that passion with young people to be equally fulfilling, as the younger generation have vastly different perspectives on historical and current issues." This makes it clear to us that Mr. Trench isn't just here to teach, but he is also here to learn from different opinions and views.

We have surveyed 5th grade students on what they enjoy most in Mr. Trench's class, and his students had a lot to say! One student, Serena H. (5th grade), wanted us to know that Mr. Trench "always brings some energy into his teaching." Being an energetic teacher can be very beneficial for new CPMS Tigers because they can start to understand the work and policies at CPMS from a very fun and informational approach. If you have spent any time in the school corridors, you would obviously



have heard his signature call “Day-O!” - which may confuse newcomers. Mr. Trench is the one behind this wonderful tune, he actually uses this phrase from the famous Harry Belafonte number (“The Banana Boat Song”) as a call-and-response technique to both welcome his students in and to get them ready for the day - and also to get their wiggles out so they are ready to work! As 8th graders, we certainly know that this call-and-response is popular among 5th graders due to the way we can hear the joy in their voices when chanting it. In fact, Ximena G. (5th grade) told us that when she and her classmates “scream Day-O Day-O Day-O Day-O DAAAAAAAY-O” is her favorite part of each lesson. As the authors of this article, if we were 5th graders in his class, each and every day we would look forward to getting class started by yelling that joyful tune. Most days, 8th graders catch this chant coming down the corridor. One student Natalie N. (8th grade) shared, “I think the Day-O chant is a great way to catch younger students' attention in the classroom.” On the other hand, Lujain A. K. (8th grade) conveyed “It seems very silly and fun in a good way to get 5th graders to scream out.” Julian K. (8th grade) feels that, “8th graders wouldn’t take it seriously but I would definitely want to do this in 5th grade.” To conclude, Alessio R. T. (5th grade) wanted us to know that Mr. Trench “tells us a bunch of stories about history stuff and he doesn't give us a lot of homework.” Not having a lot of homework can really be a stress-reliever for the students. These comments from some of his 5th graders showed how much they admire Mr. Trench and how he influences and teaches them to do their best every day they walk in the building.



The 5th graders gave us some of their favorite activities they have done in Mr. Trench’s class. One student, Sara A. (5th grade) enjoys “doing CNN 10”, which she made seem like a fun activity. Alexander T. D. (5th grade) feels that the most fun activity to start the year was the “PREP Project by far.” Things like the PREP Project seem like a great idea to help new Tigers understand how to become a successful student at CPMS. Another 5th grade student of Mr. Trench - Olivia Y. - chose “making flash cards of the fifty states” as her favorite activity. It sounds like making the flashcards was a fun and interesting method of completing the assignment. From all this information

we recorded from the 5th graders, we can acknowledge how encouraging Mr. Trench is to his 5th graders, and how much they like his teaching methods.

In our survey, Mr. Trench's students were asked what word they would use to describe his class. Here are a few that describe how special his class really is. Firstly, Ashton Z. R. (5th grade) remarked with "Interesting" - which shows how Mr. Trench always keeps his class new and fresh with many ideas and projects they will achieve. Another student, Isaiah L. (5th grade) used "Energetic" to describe Mr. Trench's class. The comment reveals that Mr. Trench will always give his best effort and keep things positive and fun throughout the day. Lastly, Bassam A. O. (5th grade) dropped "Chill" to describe Mr. Trench's class, which helps us see how understanding and flexible Mr. Trench is. From all this information, we can derive how much of a safe and comfortable environment Mr. Trench's classroom really is, and why students cherish him so much.

Now about that dreadful story... As you may remember up above, Mr. Trench's life was turned upside down in a blink of an eye at the young age of 12. This day started off as an exhilarating day for Mr. Trench, as he was traveling to London on the Pam Am 747. Mr. Trench was "halfway across the Atlantic" when he suddenly observed "the wing deteriorating" while looking out the window



from his own seat! This once peaceful plane turned to chaos: "Passengers were screaming" left and right, "luggage falling out of the overhead storage bins." The flight attendants soon figured out they must slow the plane's speed down before the whole entire wing falls apart. Soon after the "airbags and suction cups dropped" from the roof above, "the pilot comes out," frantically revealing that the plane must make an "emergency landing in Shannon, Ireland." Once the plane finally set their eyes on the airport grounds, the young Mr. Trench could "see through the wing in several places." But this landing wasn't so relaxing: "I saw people down the row thrown forward." When the plane finally touched the surface of the runway, "People cheered, clapped, cried, hugged each other." What an experience!

This deep dive into Mr. Trench's life really shows how much of an admirable person he is, and why he isn't just a teacher but he is also a person who cares and wants to see his students do their best and improve, day after day.



## Faster, Higher, Stronger!

Chloe B. & Emmalin T. & Hailey I.

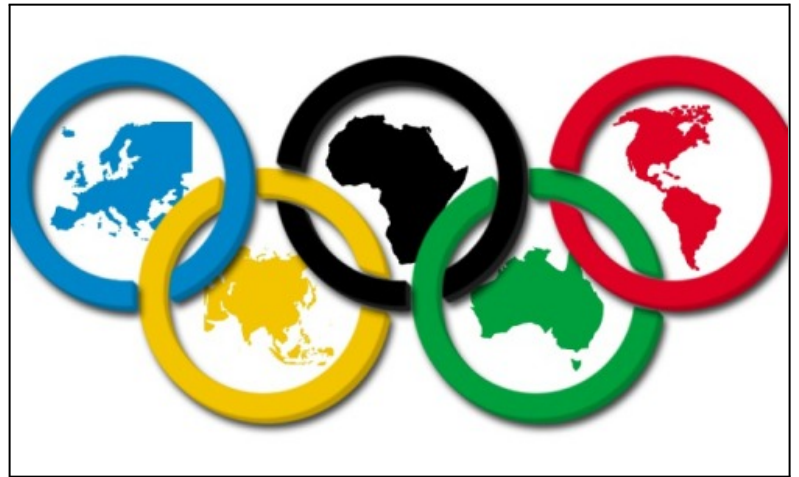
“You take a crash, you get back up, and next time you succeed and that's a great feeling.” This quote is from the famous Olympian Shaun White. Similar to the battles fought in history, the competitions



were a brutal part of the war. In the ancient wars, people would fight and compete against each other to claim what they want as well as gain back what was once theirs. The catch is, whoever wins, claims their prize. What competitions are we exactly talking about? The Olympics obviously! When the Olympics first began in Athens, Greece in the year 1896, only summer sports were played. Then, in 1924 the Olympic organization added winter sports to their list in Chamonix, France. The Summer Olympics are held every leap year (which is every four years), while the Winter Olympics are also held once

every four years, but two years after the Summer Olympics. Here's a fun fact: According to the official Olympic website, the 2022 Olympics in Beijing was watched by over 2 billion people at home! Continue reading to see how amazingly talented Olympic athletes are and what their sport tells us about what they are willing to overcome to claim their prize.

The Olympics were made in honor of ancient Greece's most famous god Zeus (who they considered to be the thunder and lightning, and ruler of all gods) and the five Olympic rings represent the Olympic symbol. Each ring has its own color, blue, yellow, black, green, and red. The blue, black and red rings are placed at the top, the yellow and green rings at the bottom. The five Olympic rings also serve as a cornerstone of the Olympic properties. The five Olympic rings were founded to unite continents in order to enjoy something together. Ever since the Olympics started, the Olympic world has changed and grown in a positive way that brings joy to fans who watch it.



In this article, we are going to explore some Olympic sports in detail. The Summer sports we will cover are water polo, volleyball, and gymnastics. The winter sports will be snowboarding, figure skating, and biathlon. We chose a variety of summer and winter sports, some we are familiar with and some that are new to us.

Water polo is a very physically demanding sport that requires tedious hours of training with weights as well as contributing many hours to practice each day. In this sport, there are seven main positions when playing. These positions consist of a goalie, two players on the right side, two players on the left side, a center, and a guard. Skills needed to play a good game are good passing, along with being able to swim fast because athletes need to drive (or swim to the goal) in order to draw defenders and open up teammates. Also players must be able to



maintain position on their defender for a long period of time, using their strong legs. Goalies need skills like hand-eye coordination, strong arms and legs, and good stamina. Goalies work on blocking all the corners and also work on passing the ball far and accurately. People underestimate the role of goalies in Water Polo, but in reality goalies have one of the most important jobs.

Olympic Water Polo players train hard to be successful. Maggie Stephens, an Olympic Polo player, trains not only by herself but also with Team USA. Maggie not only goes to Water Polo practice, but she also exercises at a gym she loves, Austin Simply Fit. In a blog post about Austin Simply Fit, Maggie reveals that she “learned that a regular weight training routine is really the only thing that keeps my spine strong and healthy.” We think that this is a huge reason why Olympic Water Polo players make it this far, because of the amount of training put into their everyday lives. We also think that working out in an environment like Austin Simply Fit is what makes athletes want to train more, especially physically as well as giving athletes the confidence to continue training hard for the Olympics.



Students like George B. (8th grade) also like swimming, which is of course a key part of Water Polo. He acknowledges that “swimming is a hard sport that people don't give enough respect to.” Xiomara O.R. (8th grade) likes how Water Polo “uses a lot of strength and energy.” Based on these opinions, we can infer that our CPMS students do not underestimate the sport and enjoy how athletes need to put a lot of effort into training and staying healthy to become a professional player. We can also see that they respect the sport. To be able to even qualify for the Olympics, players need to be able to train multiple days a week and build good relationships with teammates.



Now let's get out of the pool and cartwheel over to the gymnastics events. Gymnastics is also a physically demanding sport because athletes' bodies need to be able to develop strong arms and legs, but most importantly, all athletes that want to make it far in the gymnastics career must be flexible. One important skill athletes must have considering the different events they compete in, vault, floor, bars, and beam is having hand-eye coordination. While having physical strength is a necessity to acquire success in this sport, gymnasts also need to maintain a healthy and nutritional diet.

According to the Gymnastics HQ website, a website that covers skills required to master different sports, the skills required to master for beam and floor mainly include acrobat skills which are mainly different types of cartwheels. In addition, jumps needed to be successful on the beam and floor events are flips, different split jumps, and different types of rolls like forward rolls. Mainly, these jumps require gymnasts to keep their balance on the beam and floor when landing their tricks. These jumps and acrobatic skills make the sport of Gymnastic interesting to watch because of all of the different tricks incorporated into those two categories alone.



One superstar who is known all around the world is the awesome Olympic gymnast who has won so many medals: Simone Biles. According to Romper, a news website, Biles puts a lot of time into preparing for success: “Simone Biles trains for thirty-two hours a week (six days a week).” This is one reason why she has been so successful in the sport she admires dearly, she trains well and doesn't let anything get in her way. She also inspires other gymnasts like Tiana Sumanasekera, who is an American artistic gymnast. Tiana says that Biles



helped her overcome mental blocks in her life so that Tiana can continue to move forward even in the toughest of times. The Olympics inspire people because watching somebody they can look up to could put them in a growth mindset of never giving up.

Here is what some of our CPMS 8th grade students have to say about Gymnastics. Rory K. says that his favorite Summer Olympic sport is gymnastics because he “admires the crazy tricks athletes complete.” Jayne B. - who is a gymnast herself - admires the sport because she “loves seeing people fly through the air and watch them flip.” Jayne also says that watching as well as practicing gymnastics at home as well as in her training facility makes her work harder in order to tumble, just like Olympians do. As you can tell, these responses show the admiration students have for this sport. It is understood that gymnasts need to be dedicated athletes to earn a spot in the Olympics.

Now, jump off the beam and dive into the sport of Volleyball! This is also a sport that requires specific skills such as arm strength, leg strength, and a strong core. Volleyball is a sport played on a court by two teams with six players. Key ideas in Volleyball include the “passer, setter, hitter, spiking, blocking, digging, sliding, positioning, and awareness” says Rookie Road, which is a website that tells people all about the skill sets and basic rules of sports. Volleyball positions have unique roles. According to Rookie Road, “serving is one of the most crucial skills in volleyball because serving the ball is how the game begins.” In addition, Rookie Road tells us that spiking is when the ball is hit downwards over the net to get points. Digging in volleyball is also very important when on defense because players “bump a ball below their waist, closer to the floor than a regular bump.” Awareness comes into play because the players always need to be watching the ball in order to maintain proper defense and earn more points. We think that these positions are what makes the game of volleyball interesting to watch because of how each person demonstrates their skills individually.



Here’s how Olympic volleyball athlete Kathryn Plummer became successful in the Olympic games. Kathryn went to Stanford University with a full scholarship in volleyball and has ever since then been a successful volleyballer. Plummer also volunteered at the “Boys and Girls club in San Francisco” where she “reads to kids to help promote literacy.” We think that Kathryn is a good example to find motivation to play sports because she does good things on and off the court. She also always finds time to train, which is why we think she is one of the most dedicated volleyball players.

Here is what students think about the sport of volleyball, including beach volleyball. Illiana A. (8th grade) says she likes volleyball because of “the amount of intensity that comes with it. Many players perform acts that put their body at risk in order to keep the ball off the ground.” Our P.E. teacher Mrs. Drada likes beach volleyball because she considers it to be “an exciting sport to watch” and that when she was younger, “Misty May and Kerri Walsh were a dominating volleyball duo.” So, based on these responses, the Tiger community agrees that the skills volleyball requires players to have is what makes volleyball worthy of being an Olympic sport.



Now, let's leave the sunshine and enjoy the winter snow. According to Rookie Road, Snowboarding is “a sport in which riders stand on a long, board and ride down a mountain through snow, using gravity to propel them.” Snowboarding requires balance, flexibility, strength, coordination, and



stance to be successful in the sport in general and while performing in the Olympics. Snowboarders also need to have maneuverability to be able to complete the advanced flips and other tricks.

Let's go into some specifics of why professional snowboarders need to perfect these skills to be successful in the sport in general, not only when performing in the Olympics. First, according to

Rookie Road “if a snowboarder has poor balance, no other skills can be applied or matter because the board will not be able to stay upright on the snowboard.”

Rookie Road also says, “Snowboarders need to develop strong legs and ankles to be able to control the direction in which they move on their snowboards. Boarders also need a strong core to be able to turn their bodies and board while also remaining upright after going over a bump.”

In addition, stance is also a crucial part of snowboarders success because without the correct stance, snowboarder balance will be compromised. Flexibility and coordination are built within all of



these other skills. So, we think all these skills are very important and difficult to master, but it's worth it for a chance to go to the Olympics!



Let's get an inside scoop on how Olympic snowboarder Max Parrot from Canada, came back to snowboarding after beating Hodgkin's lymphoma in 2020. According to an interview from Forbes, titled “The Emotional Olympic Return After Beating Cancer” Max made a “comeback performance” at the

Pyeongchang Olympics in February 2018 to win “silver in men’s snowboard slopestyle.” Sadly, ten months after that he was diagnosed with Hodgkin’s lymphoma. According to the interview in Forbes magazine, “Over months of going through twelve rounds of chemotherapy, his “hard-earned muscles, which were gained from hours spent in the gym, atrophied.” By July of 2019, Parrot had beaten cancer and was on his way to regain his snowboarding success by winning gold at the X Games in Norway, which are a series of action sports events founded by ESPN Inc. Not only did Max encounter a huge setback in his snowboarding career, but he also overcame difficulty and was able to prove himself worthy of becoming a great snowboarder.

Here are some student thoughts about snowboarding. Rhys D. (8th grade) thinks, “Snowboarding is the most entertaining and engaging out of the sports.” Similarly, Rory K. (8th grade) agrees when he says “...seeing the athletes do flips in the air because when they do it is awesome.” Students sure do admire the sport for how entertaining it is.

Figure Skating is an elegant sport when performed in the correct way. When training to figure skate, skaters run, ride a bike, or skate super fast around the rink with a high acceleration. This can help the

heart get used to high heart rates. Fast laps are laps around the rink but at high speeds. When skaters



warm up before their performances, athletes get on the ice and it gets their muscles ready to go. This is beneficial because the skater will be able to remember their routine. When preparing for the Olympics, athletes must work long hours and stretch their legs and arms for easy movement while on the ice.

Olympian Kamila Valieva trains by using ballet that reflects her skating routine. At first, she signed up to do rhythmic gymnastics, but she was too young to compete. Then, she enrolled into figure skating and has stuck with it ever since. Kamila says that her mother guided her through every stage of her career, took her to training sessions, and she insisted on additional physical training. Overall, Kamila Valieva is a very dedicated athlete and has overcome many challenges like separating with her former skating partner, who she adored to continue to gain strength in this sport.

Many students like the idea and sport of figure skating because of how “interesting and pretty it looks when it's well executed,” according to Iliana A. (8th grade). Conversely, Alaina Y. (8th grade) likes how it is “crazy and fascinating watching people glide so gracefully.” Based on these student opinions, we agree with their opinion on how figure skating is fascinating, yet a very demanding sport to execute.

Now let's leave the ice rink and get those skis on! It may be new to you, but there is a sport called Biathlon, where athletes have to cross-country ski and also shoot a rifle at a target! According to a website written by US biathlete Scott Lacy, the goal of the sport is to “get from the start line to the finish line as fast as athletes can, which means not only skiing the course as fast as possible, but getting in and out of the range while hitting all 5 targets as fast as athletes can as well.” This website includes that it is mandatory to “ski a penalty lap for every target players miss while on a one hundred fifty meter loop after exiting the range, as well as before going back onto the course.” Shooting accuracy averages 90%, which is incredible considering that only a few people have been able to get that accurate in shooting. The “80% shot average is still excellent in the World Cup circuit” according to a biathlon website called Training Peaks.



Here's how Siberian Olympic Biathlete Darya Domracheva prepares and trains for the Olympics. According to the Training Peaks website, Draya shares that when participating in the Pyeongchang Olympics, “snow and heavy winds created havoc on the shooting range for everyone and generally made life miserable on skis.” According to an interview posted on the Indian Express, Domracheva





reveals how she and her team were able to overcome the challenges of the heavy winds and snow during the Pyeongchang Olympics. Darya thinks the win was a huge accomplishment. Draya says that with all the long hours of training was the reason why she and her team were able to bring home a win. Draya Domracheva explains that training is a huge part of biathlon athletes' success. So, if you want a fun, yet challenging sport. Maybe you could give biathlon a try.

Now that we have covered these interesting sports in detail, here is what students and teachers told us favorite Summer Olympic sports are. Kai P. (8th grade) says he likes basketball because it's a “fun and fast-paced sport.” Our new P.E. teacher Mr. Mosier says his favorite Olympic Summer sport is golf because he “loves the team aspect of Olympic golf.”

Students and teachers have numerous opinions on what Winter Olympic sport they like. Mr. Mosier says hockey is his favorite Winter Olympic sport because he has “gained interest in hockey the last few years.” He also says, “I love the passion the players bring and how much pride they take in their countries.” Mrs. Drada has a similar opinion. She says women's ice hockey is her favorite because she enjoys “watching team USA because they are one of the best teams, winning Gold in 2018.” One interesting sport Liana O. (8th grade) likes is “skeleton because it's very dangerous so it's thrilling to watch and see how people do.” When asked about the overall Winter and Summer games, we received mixed responses about which is better. Gia J. (8th grade) prefers the Summer Olympics, mostly because she plays Water Polo. However, Rory K. (8th grade) enjoys the Winter Olympics more because he enjoys watching the range of events.

As you have read all of the information and the Summer and Winter Olympics, we hope that you learned something new not only about the overall topic on the Summer and Winter Olympics, but also about what the different Summer and Winter Olympic sports tell you about athletes determination and how much it means for different Olympians to compete in one of the worlds most watched shows. We

journalists also learned a lot while writing this article that we didn't know before, which made us better informed. We can't wait for the next Olympic Games!



# *Don't Disregard Your Health*

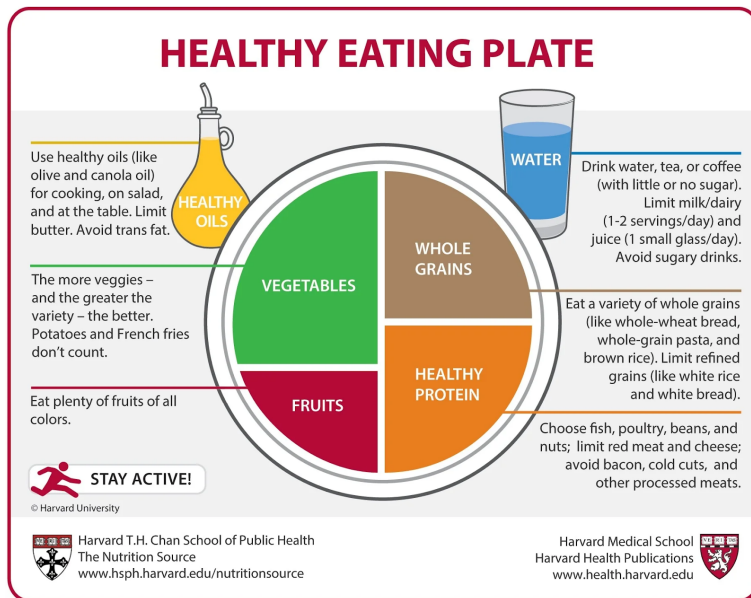
Rory K. & Kai P. & Jacob A.

Get some sleep! This may be just a casual word of advice from parents or teachers, but seriously... get some sleep! A survey in Virginia showed that, out of tens of thousands of teenagers, almost half of those with bad sleep deficiency consider various levels of self-harm. One thing that can help prevent such outcomes is to get some sleep and to live a healthy life. People have different definitions and ideas of living a healthy life - like eating plenty of fruits and vegetables or going on runs periodically - but what are the specific components of a healthy life?

Teenagers should not only watch their physical health, but also their mental health, because both of these aspects can have long-lasting effects later on in life. Areas of good health can be broken down into food intake, exercise, and hygiene, as well as how each of these impact mental health. To start off a healthy life, there are many practices that can help prevent diseases by keeping the immune system strong and healthy. One of these practices includes proper eating; supplying the body with the nutrients it needs to grow, and eating the right amount of everything.



A good way to gauge the food being consumed is to focus on calorie intake. Most teenagers burn anywhere from 1,500 to 2,500 calories a day. However, to be healthy, one should include fruits and vegetables in their diet. A good source of vegetables includes broccoli, spinach, carrots, sweet



potatoes, garbanzo, pinto, and green beans. Along with these foods, fruits, which have a great source of vitamin C, are good to eat, because they help growth, along with prevention of disease. Some good fruits include apples, tomatoes, bananas, and oranges. The majority of kids and teenagers might tend to avoid eating some of these foods that are disliked, and we think that the best way to add these into one's diet is to find a way to include the "bad" tasting - but healthy - foods with the "good" tasting foods. Another necessary part of a healthy diet includes oats and grains. Finally, good sources of calcium are milks, yogurts, and cheeses. Calcium strengthens bone structure and is essential for

bone growth, which is important because kids do most of their growing up to age 18. Once a good diet is created, knowing how to moderate bad foods is crucial. An advisory for parenting healthy kids, named RaisingChildren.net, recommends limiting "Fast food, takeaway and junk food" as well as a long list of sweets. This advisory website provides reasons, including that foods like those in the lists "can be high in salt, saturated fat and sugar, but low in fiber." They go on to explain the problem that "If teenagers regularly eat these foods, it can increase their risk of teenage obesity and other health conditions like type-2 diabetes." To us, this seems like the most important thing to pay attention to, because many kids and teenagers like eating these unhealthy foods. Observing the food

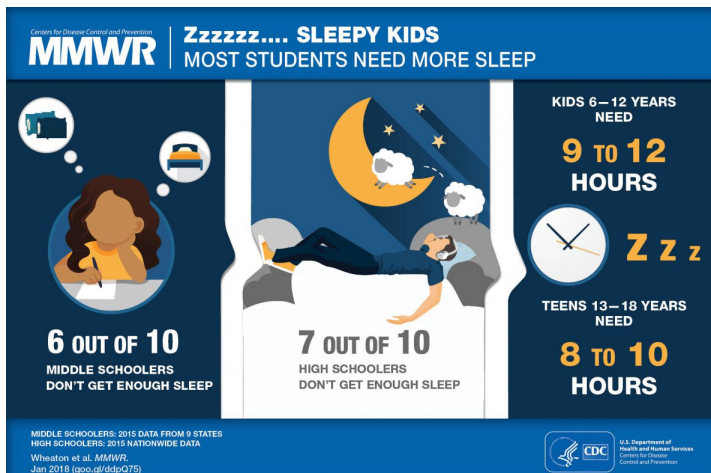


being consumed is a vital part of keeping a healthy life. The CDC, a trusted government agency, says that proper nutrition “keeps skin, teeth, and eyes healthy, supports muscles, helps achieve and maintain a healthy weight, strengthens bones, supports brain development, supports healthy growth, boosts immunity, and helps the digestive system function.” Not only are these practices important for people of any age, but this is especially true for teenagers, whose bodies are in the process of developing. After committing to a reasonable diet, the correct level of exercise is something that should be considered and understood.

Good exercise is an excellent thing to incorporate into a daily routine along with healthy eating. According to the CDC, one hour of exercise a day is a healthy amount of activity. Running or soccer is a great way to get in the daily exercise. Body weight exercises like push-ups, pull-ups, or climbing are easy ways to strengthen muscles without equipment or without a community. Some activities that require peers or equipment include team sports or working out with gym machines. Involving these in one’s daily life can help boost physical capabilities. Mrs. McNamara, a former P.E. teacher who is now our school counselor, says that any simple activity can be good exercise, as long as it gets the heart pumping. However, care must be taken. When people do vigorous workouts, there is a limit to how much the body can endure. When somebody exercises, lots of energy is used, and that energy needs time to replenish. Medical News Today, a website that reports medical information and news, has more specific information on this topic. For example, a reason that a person needs to have rest days is so the body can replenish glycogen (which is a molecule that is drained from muscles as a result of exercise, and replenishing it before another workout is good for preparing one’s muscles). One way to replenish glycogen is to get at least 24 hours of rest a week and to eat lots of carbohydrates. Medical News Today has even more bountiful amounts of information involving resting from workouts, including how much rest is needed. For every week of



exercise, one rest day should be included. Without a rest day, there is a greater risk of injuring muscles. We think that being careful in workouts is crucial, because at a young age when muscles are still developing, a muscle injury could ruin and scar someone for the rest of their life, which could be devastating.

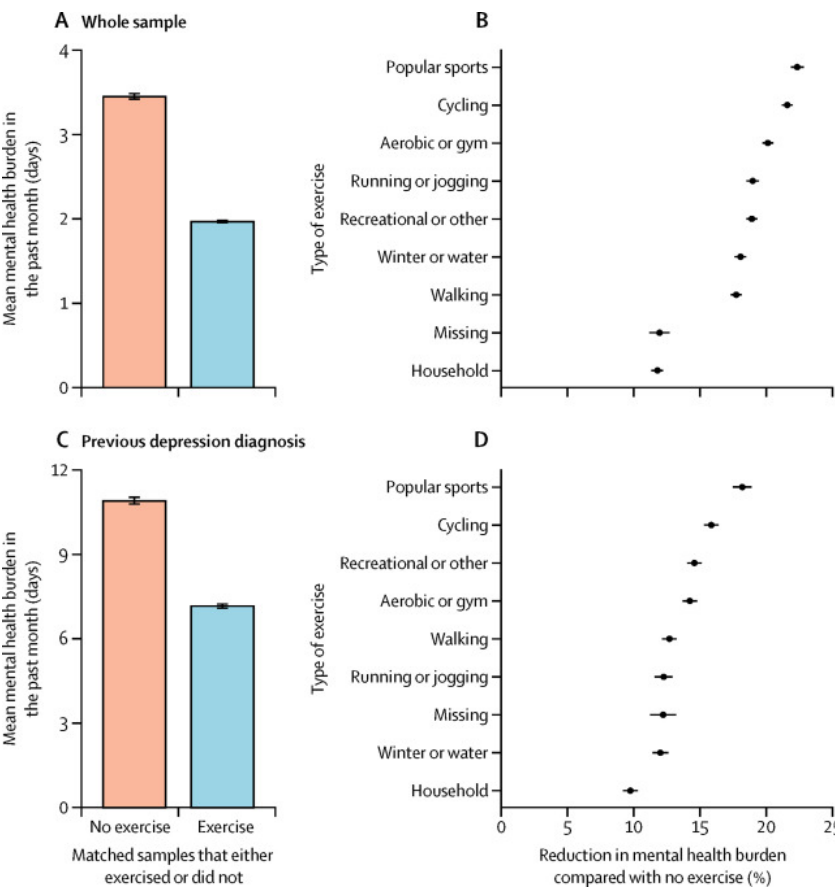


Physical fitness is not the only important factor in a healthy life – the minor things, like personal hygiene, are just as significant. Handwashing is a good way to stay clean. Healthdirect.gov (a government-funded website for health information) advises people to use the correct process for this: “To avoid getting sick, wash your hands properly for at least 20 seconds. Wet your hands with water.

Apply enough soap to cover all surfaces of your hands. Rub your palms together. Clean between the fingers and the back of your hands. Clean dirty nails.... Rinse both sides of your hands, preferably under clean running water. Dry off your hands with a clean towel....” We feel these simple practices, like scrubbing nails or drying hands properly, are commonly ignored, especially among middle and high schoolers who have lots to do in very little time. If these practices are overlooked, people may get sick as a consequence. However, following all of these steps properly may prevent such common illnesses. An additional practice recommended by the CDC is to “brush and floss at least twice a day, because it helps strengthen the teeth and gums, keeping them clean and healthy.” Overall, keeping up with personal hygiene is very important to everyone’s daily lives and it can potentially improve mental health.



Many people don't realize that focusing on mental health can impact life in many ways. For starters, as explained by Mrs. McNamara, “Our overall health combines different dimensions that all affect one another. In other words, our health is made up of these components: physical, mental (or emotional), spiritual, social. Each of these components can impact the others.” For instance, if somebody struggles with their emotions, their mental health can suffer. If their mental health is impacted, they may disregard their physical health, and so on. With this information, taking care of



our mental health should be a priority. In order to take care of one’s mental health, people should know what negatively and positively impacts their sanity. According to a 2015 article in the Scientific American magazine, “...researchers determined that each hour of lost sleep was associated with a 38 percent increase in the odds of feeling sad and hopeless, a 42 percent increase in considering suicide, a 58 percent increase in suicide attempts and a 23 percent increase in substance abuse.” Sleep is what lets the brain rest, and when the brain doesn’t get enough rest, it can start to get overwhelmed, leading to stress. If excessive amounts of stress builds up, one’s mental health will begin to decrease and when that happens, some people go to extreme measures to escape stress, sometimes even committing suicide. Knowing the extreme consequences of sleep deficiency that are comparable with the effects of stress, we should also have

ways to combat depression and anxiety. Mrs. McNamara advises different ways of doing this.



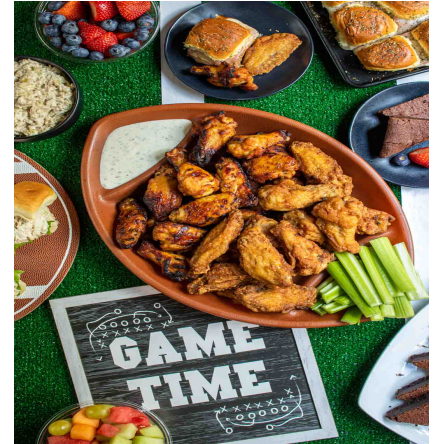
“Breathing exercises, practicing meditation and talking to loved ones are examples of things you can do. It is very important to note that if you feel like your stress is starting to feel overwhelming, you need to ask for help.” Additionally, there are some physical activities that can help relieve stress when one is overwhelmed. These include being creative through art or other expressive activities, going for a walk for a change of scenery and fresh air, talking it out, sharing one’s troubles with another person, and just exercising in general. All of these activities can release one’s energy and shift their attention elsewhere to help give someone a new perspective. Finally, a major impact on mental health is good hygiene. According to Stanford Medicine, a prestigious university, “Spending even 15 minutes on mental health hygiene each day can bring a host of benefits, from improved mood and better relationships to even deeper concentration and enhanced creativity.” Some mental health hygiene practices include cleaning oneself and one’s surroundings and having an organized living space. Our opinion is that a good mood and stronger relationships are most important to social life, so this is a needed benefit of mental health. Overall, focusing on health can benefit one in many ways: emotionally, psychologically, intellectually, and through social wellbeing. If all of these aspects of health are doing well, one can be a good citizen, student, and member of a community.



# The NFL and More

Gavin L.

The NFL fan base is very big in the U.S. and it continues to grow. According to Statista (a website that tracks statistics), the current percent of people who like the NFL in America is 74%. The days football is on and is playing are Monday, Tuesday, and Sunday. Really though, most people see it as a Sunday event because this is when fans of football love to sit and watch the games with friends while eating their favorite football foods. Some may like soda and pizza, while others may prefer sweets and juices all in their living room watching Sunday football with their people.



There are many rules in the NFL that are very complex, but here are



some basic ones: Scoring can happen when the football is kicked through the yellow poles for a field goal which is equal to 3 points. Or it could happen when the ball is thrown into the endzone, the area to score, by a player and another player catches it.

There are also many teams in the NFL, 32 exactly, and there are also 8 divisions with 4 teams in each. There's the AFC and the NFC, Each having 16 teams, AFC west, AFC east, AFC north, and AFC south, and the same thing for the NFC divisions.

Now you may be wondering, well what positions are there to play? Here are all the important positions on the field and their average salary plus the best players at each position. Long tackles average salary is \$1,069,018 and the best player at that position is Jordan Mailata, for wide receiver it is Devante Adams and the average salary of that position is \$2,277,184. The reason a wide receiver earns so much more money than a long tackle is because they score touchdowns and are fast, making them a valuable piece on the field. The next position is quarterback with an average salary of \$4,093,453, the best player at that position is Patrick Mahomes. The next position is left tackle which has an average salary \$8,726,093, this position is



paid so highly because it is their job to protect the quarterbacks. The best player at this position is Trent Williams. Cornerback is also a very important position on defense, they are the ones who have to guard the fast wide receivers from scoring touchdowns, their average salary is \$2,000,000 and the best player at this position is Sauce Garden. The best edge rusher is Myles Garrett and his average salary is \$4,884,304.



Some fun facts about football are the highest scores in the NFL are 72 points and 70 points. Also a player, Glyn Milburn, had 404 yards in one game which is the highest in the NFL, the Patriots and Steelers have won the most super bowls with 6 each. The NFL also started in 1920 Canton, Ohio September 17 with only just 10 teams. 14 of the 32 teams make it to the first round playoffs if they have a good record and secure a good spot in their division. The prediction to win the Super Bowl 2024 is the San Francisco 49ers with a 5-1 record right now, meaning 5 wins and 1 loss. Another fun fact is that the ball must be pumped with 12 1/2 to 13 pounds of air, and also approved by the commissioner, Roger Goodell. The most points scored in a game is 72 points, this record was almost beaten in 2023 by the Miami Dolphins.



A crazy scandal that happened in the NFL is the Tom Brady deflation scandal. This was in 2014, in a game against the Colts - playing to get into the Super Bowl. Tom Brady was accused of deflating the footballs for a competitive advantage. Is it a known fact that he did cheat? No, it is not. But lots of people think this is the factor that caused the Colts to lose, so they think Brady cheated. That

season Tom Brady and the Patriots won the Super Bowl, causing everyone to be furious and left with many questions. I guess we will never know if he really was responsible.



## MS. Notable Nealon

Isabel A. & Natalie N.

Imagine this... You are walking down the hallway and you stumble across the 5th grade classrooms, and a magnificent book display arrayed on the wall catches your eye due to the interesting arrangement of book covers and the first line of each of the novels.

This is a classroom you feel you must walk into. Inside, it is neat and gorgeously decorated. You immediately wonder whose classroom this is. Well... that is Ms. Nealon's classroom! Ms. Nealon is the newest addition to the CPMS team. Sadly for us, the former English Language Arts teacher Ms. Rios departed from CPMS over the summer. She was accepted into Harvard, which is very impressive! Ms. Nealon is the teacher who replaced Ms. Rios, becoming the new 5th grade ELA expert. So far, her fellow teachers and her 5th grade students are enjoying her optimistic mood and love for teaching. Let's dive into learning about this amazing new teacher!



We interviewed Ms. Nealon to learn more about her, and discovered that she was born and raised in Orange County, California. She graduated from CSU San Marcos with a “Bachelor of Arts degree in Human Development” and has been issued a multiple-subject teaching credential from California,



which allows her to teach multiple subjects. It's very impressive that Ms. Nealon has a multiple teaching credential, which gives her many opportunities. Of course, Ms Nealon is more than a teacher. Away from school, she enjoys a variety of unique hobbies! She loves spending time with her family, taking her dog (Chip) to the dog park, taking tango classes with her fiancé, reading fiction, and adventuring San Diego! Ms. Nealon is a fascinating person with distinctive interests.

Despite Ms. Nealon's current occupation, she did not originally aspire to become an ELA teacher. Our interview revealed that in college, she “wanted to be a nurse,” but later changed her major to Human Development. For those who don't know, this subject involves the study of changes in the human body - such as physical and emotional growth. According to UC Davis, this major is pursued by individuals who work with children, such as educators or pediatricians. After graduating from college, Ms. Nealon felt quite “directionless.” Due to this, she decided to move to Madrid, Spain. To be able to survive in Spain, she needed a source of income; the only career she knew she could pursue was teaching English. This led Ms. Nealon to completing a “year-long contract,” but she was enjoying it so much that she “ended up staying for two and a half years.” She states that teaching felt natural to her, and it was the first pleasurable working experience she had been fortunate enough to



have. When she moved back to the States, Ms. Nealon knew she wanted to pursue a teaching credential. But why teach English, of all the subjects? Ms. Nealon believes that English is a vital subject to learn. She believes that students “simply cannot excel in any other subject without English.” This is because jobs in the future will require each of us to be a fluent English speaker and writer! Reading is also beneficial as individuals can use reading skills to learn about subjects that they are not fully aware of.

Ms. Nealon used to teach in Spain, and it was her first teaching experience. Once again, Ms. Nealon felt “sort of lost after graduating college.” She couldn’t find her full-time job pleasurable, and realized that she had never experienced living outside of the States. On a whim, she “decided to apply for a teaching abroad program.” She claims that teaching in Spain was the most remarkable experience of her life, even meeting her fiancé there! Despite her contract being one year long, she decided to stay for two and a half years, clearly demonstrating her love and passion for teaching. We’re glad Ms. Nealon found a job that she finds enjoyable!



Spain and America certainly have cultural differences - even in school. This is why Ms. Nealon describes teaching in Spain as a different experience. She explained how teacher-student relationships were extremely informal, and students addressed teachers by their first names. Extraordinarily, students even shouted at their teachers! The last difference Ms. Nealon recounted was extremely long lunch periods, students had a two-hour lunch period. We wish we had a two-hour lunch period!



Let’s see what Ms. Nealon enjoys about CPMS so far. We learned that Ms. Nealon believes that CPMS is a “very structured environment with its biggest focus on academics.” She explained how she worked at other schools with contrasting cultures, which wasn’t the best fit for her. She appreciates CPMS’s school culture, making her teaching experience more delightful.

Let’s see what teachers and administration appreciate about Ms. Nealon! Ms. Callaway mentioned that when she first met Ms. Nealon, her wisdom and enthusiasm was vastly evident. She described Ms. Nealon as a “very friendly and kind” person, which is an “important trait to have when you work with young people.” Ms. Nealon seems like a very amazing, optimistic, and lovely teacher that 5th grade students would undeniably adore and appreciate!

Mr. Bobroskie, a fellow 5th grade teacher, absolutely enjoys Ms. Nealon's addition to the 5th grade team. He explained that she has "quickly adapted to CPMS's processes and procedures," making working with her an enjoyable and smooth process. He also acknowledged Ms. Nealon's "very sharp and funny" personality, making him laugh and smile everyday. Mr. Bobroskie's response certainly proves that Ms. Nealon is an amazing coworker and person.



Enough about the grown-ups in the building; most of Ms. Nealon's time is spent with 5th graders, so we had better check out what they think so far. We surveyed 5th grade students to find out what they appreciate about Ms. Nealon, and every student we surveyed replied with only compliments for their astounding teacher. Many students, such as Joaquin P. and Calize M. avidly described Ms. Nealon's patience, even acknowledging how she pauses when teaching to let students catch up with work! Additionally, many students, including Sandra Y. and Giancarlo P., mentioned Ms. Nealon's humorous personality, making them chuckle daily. The student surveys help illustrate Ms. Nealon's wonderful characteristics as a teacher. She is a rib-tickling individual with a bright outlook on teaching! This is certainly a great trait to have when teaching our brand new Tigers!



Ms. Nealon's students (5th graders) also enjoy learning about her interests and hobbies! One thing students observed about Ms. Nealon is her love for organization and decoration. "I like that she is very organized," said Cade S. Students such as Calize M., Colton S., and Gage L. noticed Ms. Nealon's endearment for the color blue, dogs, and the desert. This corroborates that Ms. Nealon is a very distinctive individual who shares interests with many of her students.

Ms. Nealon is unequivocally an amazing teacher with a cheerful personality! We are extremely glad to welcome her to the CPMS community!



# Skin Care = Self Care

Giselle Z. & Victoria E.

“Another zit, are you kidding me? Why does this always happen? I feel like I've been breaking out more, I think it's time to call my dermatologist.” This tends to happen a lot when teens hit puberty. Dermatology is a field of medicine that is focused on skin. Doctors in this field are called dermatologists, and they treat skin conditions and can recognize if something is wrong with someone's skin. The sorts of things they look for can lead to some recognition of organ failure, sometimes when dermatologists treat skin conditions it can also indicate body failure. Like being any kind of doctor, it is not an easy job, so it does take some time to become a dermatologist. Since dermatology is in the medical field, schooling isn't easy.



At least twelve years of schooling and training are needed to become a dermatologist. The years for schooling are separated into three different sections. The first three years of schooling are spent earning an undergraduate pre-medical degree, needing to take courses for science being physics, biology, chemistry, calculus, and statistics. The next four years of schooling are for a doctoral degree in medicine, which allows the student to proceed in studies for dermatology. The

last four years are for internships and residency. When reaching this level, only a doctor who has a pre-medical degree can proceed. These last few years of studying and schooling are what finally gets people to the schooling and studies needed to become a dermatologist. When it comes to degrees, a Bachelor's degree is needed in either chemistry, biology, or pre-med. The more courses that are taken would help learn more and give people better opportunities. Classes that are also needed are psychology, anatomy, and physiology. Getting into medical school is also very competitive. Many people will apply, so there's more applicants than spots available. There's a lot of research going into each candidate to make sure the right ones get accepted.

Is dermatology a popular job that students think about? Our students' survey received responses from 39 8th grade CPMS students. Less than 15% of the students surveyed have thought about becoming a dermatologist, while almost 90% have not. For some they didn't even know what a dermatologist is, meaning it would be hard for them to think about going into this medical field. For those that do know what a dermatologist is, a few of them are interested in becoming one.

Are dermatologists needed? Some people go to a dermatologist to make sure they don't have a skin condition or to just make sure there's nothing seriously wrong with their skin, such as skin cancer. For some patients, they don't really have a choice because if they have issues with their skin, such as psoriasis or skin cancer, they would need to see a dermatologist for treatment because not getting treated could result in serious damage to their skin.



Dermatologists perform many operations related to skin. Some of these operations are body shapings, botox surgeries, acne surgery, laser hair removal, and other laser treatments. There are also cosmetic surgeries for sun damage, and for aging. There are many different types of operations going from loose-skin removals to hair transplants and even to changes in looks and bodies. When it comes to skin problems, sometimes operations are needed but medicines are also used.

Dermatologists have to prescribe medicine to patients who have certain skin problems. One medicine that is used is Spironolactone, which is often sold under the brand names CaroSpir and Aldactone.



This medicine was originally created to treat conditions such as high blood pressure, heart failure and edema.

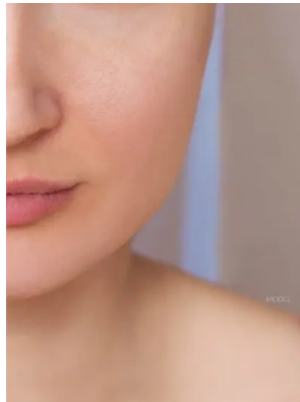
Another dermatologist medicine used is Retinoids, which is a form of vitamin A used to treat acne and aging skin.

The way it works is that when using it it speeds up the body's production of new skin cells, which leads to unclogged pores and no acne. One last dermatology medicine used is Isotretinoin. Isotretinoin is a prescription strength medication used for severe acne that hasn't been

responding or getting better. It can be found under the brand names, Accutane, Amnesteem, and Claravis. Isotretinoin is similar to Retinoids (as in, it's also a form of vitamin A). The way it works is by decreasing the size of glands that produce sebum. Too much sebum can create a hormonal imbalance, which then leads to severe acne.

Once the teenage years start, people's skin changes due to hitting puberty. This can mean they start to get acne and that it might be time for a dermatologist.

Dermatologists are not needed for everyone, but once acne starts to hit, it's better to be safe than sorry. The students who were surveyed told us that they think someone should see a dermatologist between the ages 13 and 18. These ages are around the time when kids get acne and should start to deal with it. If you do see a dermatologist and get help with skin issues, Jacob A. (98th grade) knows that it could "prevent worse skin issues." This helps us support why a dermatologist is



helpful. Dermatology isn't always needed, so Kai P. (8th grade) knows that it's really up to each individual to see one if "you feel like you need one. Some people need them and some people never will." This response gives us the information that it could be the right time to get a dermatologist during the teenage years, but it's up to each person to decide.

How many CPMS 8th graders have gone to a dermatologist? Out of 39 students who were asked this question, almost 80% of these students have never been to a dermatologist. The reasons students gave in our survey ranged from not needing a dermatologist to concerns about breaking out with acne.



While many of the 8th grade CPMS students may not have seen a dermatologist, these students do use many different types of over-the-counter dermatology products. Our survey revealed that 8th grade students mostly use face washes, moisturizers, and serums. These were the answers we were expecting, since these type products are pretty popular. The most common brand names that





came along with these products were glow recipe, La Roche Posay, The Ordinary, CeraVe, and Dermalogica. Some of these brands, like Glow Recipe and La Roche Posay, are high-end. Brands like CeraVe are more standard issue, and can be found in any pharmacy.

As 8th graders who know what is needed for people our age, some dermatology products that we endorse are CeraVe face wash, The Ordinary serum, and Cetaphil moisturizer. We wanted to know if other CPMS 8th graders agreed, so we sent out a survey. The surveyed asked what their favorite brands were. Some of the responses were similar to the products mentioned above, but the more popular ones were Glow Recipe, CeraVe, Cetaphil and Dermalogica. All these products are the types that teenagers mostly use.

There are many skin care products outside of this list, including a number that have been invented by dermatologists. There's some that are popular and well-known, while there's others that aren't spoken of very much. Some of the most well-known dermatology brands are Murad, Dr Dennis Gross, CeraVe, Paula's Choice, Drunk Elephant, The Ordinary, Inkey List, and Dermalogica. We recommend looking online to find where they are on sale.



Dermatology might not be a very widely-known medical field for middle schoolers, but dermatologists really are very helpful. They help with skin issues and dermatology is a helpful job. Dermatology would be a great career, it helps others, does take a lot of schooling but you learn a lot, and it could really make a difference in someone's life. Dermatology could make a huge impact on someone's life because it could help change skin problems someone could have had for a while. Many 8th grade students weren't sure what dermatologists do or what they were. When we researched what type of skincare products some of CPMS students use, we noticed that most students do use dermatology products without even knowing it. Since dermatology isn't very common around the middle school age some students don't know how much it could help with the fact that they might already be using these products.



## The Lowdown on Lo-Fi

Liana O.

Are you struggling to concentrate on homework because your favorite tunes are more of a distraction? What if there was a solution where music could help improve focus? Lo-Fi music might be your answer! Lo-Fi is an instrumental kind of music and its main purpose is to relax its listener. From 1967 to 2023, what has been found in all Lo-Fi music is little to no vocals, and loops of drums, pianos, or guitars. The relaxing beats make it perfect for studying in a calming environment. Many people would agree, including the 11.7 million people who are subscribed to a Lo-Fi Youtuber named Dimitri! Now let's unwind and explore the ways of Lo-Fi.



There have been many different Lo-Fi songs, but the origins of Lo-Fi date back more than 50 years. During 1967 in New Jersey, the Beach Boys created an album called *Smiley Smile*. According to Wikipedia, this was their 12th album and ranked number 9 on charts in the UK. *Smiley Smile* is considered the beginning of Lo-Fi music. One main song responsible for this title is their third song “Fall Breaks and Back to Winter.” An article posted by the University of Oxford (which is ranked within the top five universities in the world) explains what makes up Lo-Fi music: instruments are the key to Lo-Fi. Common instruments used are pianos, guitars, and drums. There are also background sounds included like noise distortion and

disc scratches. At the start of Lo-Fi, jazz chords were found in Lo-Fi music, and they helped create a hum or harmony sound. Jazz chords would be popular in Lo-Fi until 2004 when a music creator Nujabe made Lo-Fi music for a series called Samurai Champloo. This creator's music would change the 1960s style of jazz into Lo-Fi hip hop, which is the more common style created today. Specifically, a great example of this is the song “Aruarian Dance” which has an upbeat pattern, unlike the jazz style that used to be created. Many big Youtube channels today use Nujabe’s hip-hop style of Lo-Fi. One example is the YouTuber Ryan Celsius. As reported by Vice magazine, Ryan’s channel produces Lo-Fi hip-hop and has 572,000 followers and a total of 156.2 million views. Nujabe created a huge change in Lo-Fi music, however, the old ways of creating Lo-Fi are still important today. The instruments and loops of consistent beats are still characteristics found in both the *Smiley Smile* album and the work of today's Lo-Fi YouTubers.



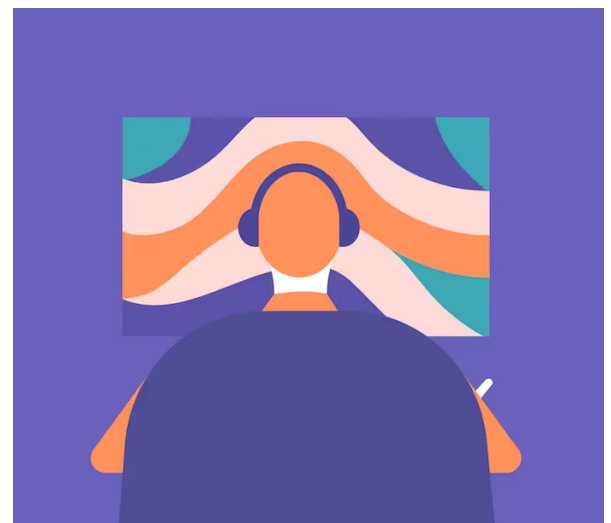


After 2004, Lo-Fi rose in popularity, especially around 2020. According to The Verge (a website that concentrates on technology news and advancements), many Lo-Fi Youtube channels started getting more attention during 2020. Some examples are the channel “College Music” which increased by 40% during 2020. There is also a Lo-Fi Youtuber named “Nickolaas” who saw a large rise in viewers once the pandemic started and now has 52,000 followers. I surveyed CPMS 8th graders to find out what they think about Lo-Fi, and I learned that many of them heard about this music around 2020 as well. Aiden T. first heard about Lo Fi “three years ago in quarantine,” while Jayden H. heard about Lo-Fi



around 2021. The reason for the rise in recognition of Lo-Fi may be because people usually put Lo-Fi music on at home for background noise when doing homework to lessen distractions. When quarantine happened, distractions were more likely because people are using the comfort of their own home for not just living, but also for working and for schooling. To reduce distractions, this music would be played throughout the day, giving more views to creators. The rise in views for creators and the CPMS responses show that 2020 was the peak of Lo-Fi. But who knows? In the future Lo-Fi may rise again!

Lo-Fi specializes in helping people to concentrate on schoolwork and increasing their productivity. As reported by the Washington Post, Lo-Fi positively affects the listener's mood and cognition, or attention. A boost in cognition and mood can lead to a rise in productivity. The reason for this is that Lo-Fi creates what is called an aural cocoon. An aural cocoon allows the listener's mind to direct its attention and tune out distractions. The ability to concentrate has become hard to maintain over the years as distractions are all around; like phones, computers, and other technologies. Lo-Fi can block out these distractions and create a distraction-free environment for everyone. Research by The Varsity (the University of Toronto's student newspaper) explains the therapeutic feeling of listening to Lo-Fi. The therapeutic feeling is caused by our brains creating chemicals that are related to happiness when listening to Lo-Fi. The calming rhythms involved in Lo-Fi can help reduce the listener's stress as well. The Daily Star (a newspaper company) adds to this by comparing “listening to Lo-Fi with eating chocolate in which they both give satisfaction.” Lo-Fi is a helpful tool while doing schoolwork because it allows students to have satisfaction, reduced stress, and a rise in productivity just by listening to it! As the writer of this article, my position is that the opportunity to gain more focus by listening to music is a great way to get work done, especially for the music lovers like me.



Many talented Lo-Fi artists from around the world have gained recognition, and one notable artist is Dimitri. According to the New York Times, he was born in 1995 on the outskirts of Paris and started making Lo-Fi music in 2012. He is a well-known Lo-Fi creator with an impressive 13.3 million subscribers on his YouTube channel “Lo-Fi Girl.” He created this channel on February 25, 2017, and the videos on the channel feature loops of an animated character studying by the window with Lo-Fi music in the background. Dimitri's videos made a huge mark on Lo-Fi and now many people can recognize it by either the girl by the window or Lo-Fi Girl's music. According to the results of my survey, CPMS 8th graders are most familiar with Lo-Fi Girl. Nevaeh K. shares that a “Lo-Fi creator I listen to is Lofi Girl.” Yousif A. refers to



Lo-Fi Girl as “That girl by the window,” so he know certainly knows the YouTuber's channel. Vice magazine (a print magazine that focuses on art, music, and culture) contains an article about another Youtube channel called “College Music,” which was created in Leeds by Jonny Laxton, 24, and Luke Pritchard, 25. These friends started out making Lo-Fi music together in college as an after-school activity. Jonny and Luke created the channel in 2014 and started gaining attention. Today they have over 415k subscribers on YouTube and 11.7 million views. Everyone can see the hard work by Luke



and Jonny from the astonishing amount of views gained by their college hobby. Luke and Jonny have also created several vinyls together including, “Back on Track” and “In the Loops.” There are many other Lo-Fi creators, but one thing they all have in common is they are trying to create an environment in which the listener can relax and escape from distractions. After looking at these creators, it seems that anyone can become a huge creator as Lo-Fi Girl, even if they start as a small hobby like College Music and create a huge mark on the Lo-Fi community as those two channels have.

To finish, let's tune into CPMS students to see their thoughts on Lo-Fi! CPMS 8th-grade students have shown mixed opinions on Lo-Fi. Danica G. and Neveah K. both express how Lo-Fi is enjoyable to do schoolwork “without getting distracted.” Others don't find it entertaining; Julian K. finds this music to be “boring” and Isabel A. calls it “annoying.” Some of our Tigers rarely listen to Lo-Fi; like Jayne B., but she does admit that she “loves how it sounds!” This is similar to Rhys D., who accepts that it's “good for studying.” Lo-Fi is very different for everyone and depends on the person. The sounds might be irritating to others, but I think that Lo-Fi lovers will continue to cherish this unique style of music for many more years to come.



# The Bounce Back of Mrs. Stenger

George B. & Julian G. & Carolynn B.

“Science is a way of thinking much more than it is a body of knowledge.” - Carl Sagan. If science is a way of thinking, then students need a marvelous teacher, an excellent teacher... like Mrs. Stenger! In 2020, Mrs. Stenger was the fifth-grade Science teacher. which means her fifth-grade students are now eighth-graders. Unfortunately, she left the CPMS campus after that school year. Happily, in 2023, Mrs. Stenger is back as the seventh-grade Science teacher. Eighth-graders are super excited that their old teacher is back at CPMS, and the seventh-graders are ecstatic that they have Mrs. Stenger as their teacher. However, Mrs. Stenger was not always a teacher at CPMS. There was once a time when Mrs. Stenger was a college student at UC San Diego.



According to the biography posted on Mrs. Stenger's teacher directory, her life before CPMS was packed full of research and academics. At UC San Diego Mrs. Stenger traveled around California and studied ant habitats, insect diversity in grasslands, oak trees, and reptile behavior. Before arriving at CPMS in 2019, she taught in El Cajon as a 6th and 8th-grade teacher. Mrs. Stenger's academics, teaching experiences, and field knowledge made her a great fifth-grade teacher. Clearly she will also be a remarkable seventh-grade teacher.



Mrs. Stenger's experience with teaching 5th grade was full of love and amusing memories. Even though the 5th graders in 2020 were nervous because of distance learning, they were much more comfortable by the end of the school year due to Mrs. Stenger's attitude. This helped the students to become more prepared for the rest of middle school. The former 5th grade students were surveyed about their memories of 5th grade science, and even though it was so many years ago, we learned that Mrs. Stenger's return has evoked many positive memories for these students. Carsyn G. remembers that Mrs. Stenger knew how to not bore us. In his own words, Carsyn wrote “She taught in a way that didn't bore or make me uninterested.” Mrs. Stenger had an excellent teaching technique that we loved. Another student, Celine A. talked about how helpful Mrs. Stenger was: “She helped me be prepared because she is the one who told us what we should be doing, like helping us figure out what and what not to do.” Hailey I. happily remembers that “Her cats would always jump around and make me laugh!” This is true! Mrs. Stenger's cats would come on screen during our remote lessons and make us laugh through the hard



times of COVID. Neveah K. brings us back to the classwork side of things, recalling how Mrs. Stenger, “also was a good listener and explained things well, Mrs. Stenger is great because of how much she listens to her students and guides them.” A strong memory from 5th grade of Chloe B. is that “Mrs. Stenger helped me prepare for science classes by explaining the basics of the topics we went over.” Mrs. Stenger clarified what we learned and explained topics we were unclear about. Last but not least, Layla H. summed it up well with the memory that summed it up well with the memory that “Mrs. Stenger helped me prepare for sixth grade science and how to be productive and taught us about the four spheres.” All of these responses we’ve obtained from the former 5th graders say that Mrs. Stenger was a cheerful, bright, and extremely helpful online teacher during the Covid-19 epidemic.

To understand Mrs. Stenger’s plans for the current school year, we interviewed her. Mrs. Stenger’s time between leaving and returning to CPMS was jam-packed full of eagerness and arousing activities. After the fifth grade year she moved to Denver, Colorado. While she was in Denver, Mrs. Stenger “first worked online for CPMS helping out with students completing Independent Studies.” Mrs. Stenger said in an interview. Even though Mrs. Stenger wasn’t on CPMS campus (or even in the state of California!); she was still a member of the Tiger family and continued helping students. After



working online for CPMS she began to work as an educator for Denver Botanic Garden during the summer. Then she worked in clinical research, which is “the study of health and illness in people (and) the way we learn how to prevent, diagnose and treat illness,” according to the University of Virginia. Mrs. Stenger didn’t only work, she did fun activities such as learning how to ski. Mrs. Stenger’s time away from CPMS helped her expand her knowledge of science. This is going to make her a better teacher in the future and beyond.

Mrs. Stenger’s focus for this year’s 7th graders is growing their science abilities. Their main goal is to complete the 7th grade HMH curriculum so they can be ready for 8th grade. Mrs. Stenger is giving the 7th graders a mixture of science content and skill-building activities. Mrs. Stenger is very exhilarated to get to know her students and show all the

great projects in her elective and class. When we surveyed some of the 7th graders, one student, Pierson C. said, “Mrs. Stenger teaches like it’s the last day she’ll ever teach, she makes the most out of the day.” Mrs. Stenger uses as many academic minutes as possible to make sure her students get the knowledge they need. Heidi L. said, “She also is a very nice and patient teacher, when kids are being loud she doesn’t get angry and she is very helpful to me and my classmate’s.” Sean T. stated that Mrs. Stenger is, “She’s caring, outgoing, and she is always willing to go out of her way to help her students.” Mrs. Stenger always has a pleasant and calming disposition. Jocelyn S. proclaimed that, “She is always willing to help out when students are confused and she explains things very well to the point where we can really understand.” Yasmeen F. response from the survey is, “She’ll put up 9 pictures of Spongebobs with different moods and you choose what Spongebob you’re feeling.”



Alison R. explains in a charming way that “She makes it fun by putting it into real life situations.” All of these responses from the students we surveyed tell us that this year Mrs. Stenger’s teaching is helping, enjoyable, and fun to all students in 7th grade. These students will learn a vast amount of information this year so they can be ready for Science in later grades. The future of CPMS is in great hands with Mrs. Stenger as their Seventh grade science teacher.

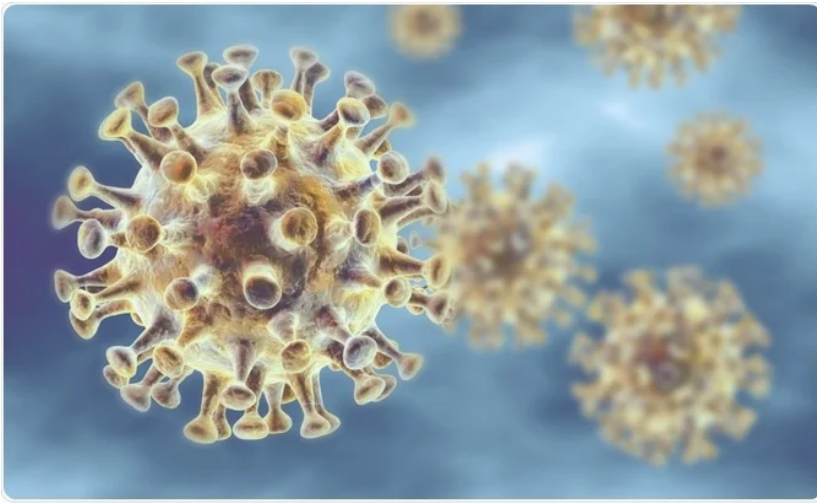
Overall, Mrs. Stenger was and will be an amazing teacher at CPMS. Based on Mrs. Stenger’s field experience, teaching skills, positive attitude, and academic knowledge; it’s self-evident that Mrs. Stenger is an astonishing teacher. Everyone at CPMS appreciates what Mrs. Stenger brings to our school.



# *Virology: A Fight Against Viruses!*

Julian K. & Lujain A. K.

Do you wash your hands? How many germs live on human hands? Our devices? Door handles? Toilets?! Toilets are actually much cleaner than you'd think. That's crazy to think about, right? Cell phones collect more bacteria than the toilet inside an average home. Toilets only contain 3.2 million bacterial cells per square inch. A cell phone, on the other hand, carries TEN TIMES more germs than the average toilet. Toilets are an easy place for bacteria to form if they aren't taken care of properly. For example, if the toilet bowl isn't disinfected or the water isn't cleaned with vinegar, parasites and viruses can easily form. It's always a good idea to keep things that hold germs in your home clean at all times, in order to prevent potential risk of viruses and diseases to spread. Speaking of viruses and diseases spreading, let's discuss how exactly they are able to spread in the human cells.

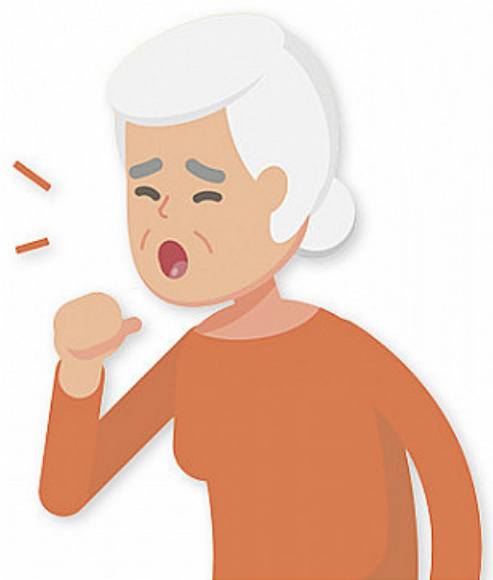


Cells are inside of all living organisms and are the main reason why our bodies are able to function. Cells are found in all living things in the world. But what can kill cells quickly? Viruses! A virus is a living tiny infection that can only live and reproduce inside another living cell. Since all viruses are submicroscopic, they cannot be seen with the human eye, or any eye for that matter.

Viruses are a threat to any cells that can be attached to the virus. The virus must bind with the cell to replicate, since viruses can't replicate without the host cell. Who knew these little viruses could do so much to affect the body in a matter of hours? It's crazy how fast they can destroy the healthy cells inside the body. There is a group of researchers that help us against the fight of viruses: virologists.

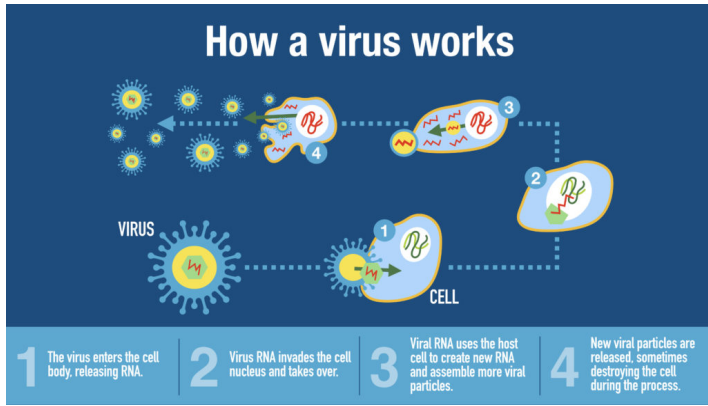
Virology is the field of research and study of these harmful viral infections. This is carried out by virologists - the scientists who study how viruses work.

According to the "History of Virology" article in the Scholarly Community Encyclopedia, virus history dates back to the end of the 19th century. Two men named Edward Jenner (1749–1823) and Louis Pasteur (1822–1895) had created vaccines to protect the public, even though they didn't know what viral infections were since both men created vaccines before viruses were even discovered. In 1892, another founder of virology, Dmitry Ivanovsky, did a test on infected leaves and found out that a mosaic was infectious towards healthy tobacco plants, even if they were filtered. Then, in the year of 1898, a man named Martinus Beijerinck was the one who discovered the problem that had infected the leaves that Dmitry had tested on, it was the tobacco mosaic, the first virus discovered in history. The tobacco

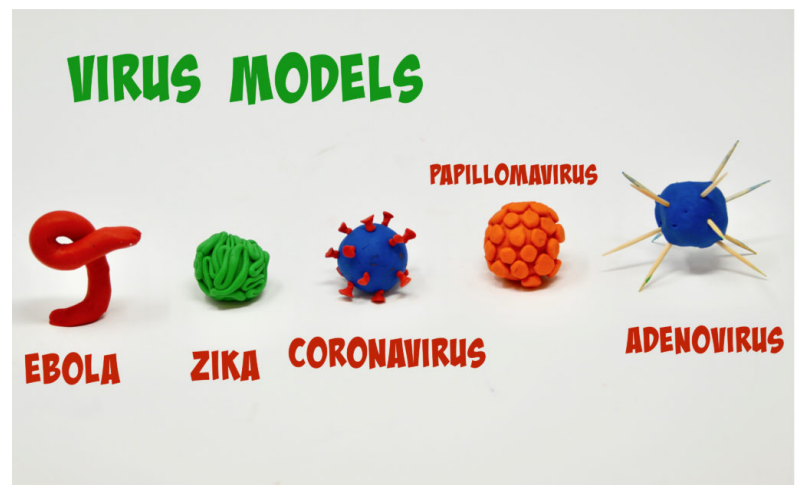




mosaic is a positive strand of RNA. It infects a majority of the plant species, such as the one Dmitry had found and tested. The virus causes the plants to become discolored or look moldy. During the early 20th century, two men named Frederick Twort and Félix d'Herelle did further research about viruses. They ended up discovering bacteriophages, which are viruses that only infect bacterial cells and not healthy cells. It can be very dangerous to study viral infections and diseases, due to how viruses can easily take over a body. Virologists need precautions in order to stay safe from catching viruses.



Virologists wear isolated gowns, thick gloves, and N95 respirators - which are just thick masks - in order to not come into contact with the viruses. The gloves prevent them from touching the infected samples. Virologists use different and unique devices in order to look inside the human body, or samples collected from the human body. Microscopes are a common example of this that a majority of people are familiar with. The website for ProClinical - part of a global healthcare group - says that there are at least 10 new different technologies that help virologists identify cures. The most recent technology created as a vaccine is RNA, a single molecule that takes genetics from DNA. RNA vaccines provide the cells that are infected by a virus a genetic instruction system so the cell can now create proteins for the immune system in order to respond faster. The RNA vaccine was actually used as a COVID-19 vaccine! Virtual reality has improved over the years too, especially for medical training. New systems allow doctors and even the patients to see inside the human body during an operation. The virtual reality view can help doctors a lot when studying a disease or condition because it allows surgeons to see inside of their patients body before they start an operation. Neurotechnology is another popular technology used for brain imaging. It records magnetic activity inside of the brain and the neural system and monitors brain activity using an implant that scientists use to find cures for any brain diseases. According to Onepointe Solutions (a laboratory located in Elgin, Texas), virologists need specific equipment to



look into viruses, and since viruses are smaller than bacteria, virologists need to use microscopes that can zoom up to 10,000,000x. For the samples carrying sanitary sensitive infections, autoclaves are extremely important. Scientists use autoclaves to cover the samples with a lid that introduces them to high temperatures for a certain amount of time in order to kill any viruses or bacteria. Shaker water baths are another common device in laboratories. It shakes the sample at a set temperature inside moist containers in order to get the sample back into its original temperature. The advanced machinery we have today would have been extremely helpful to the scientists and doctors back in the day when we were first trying to fight viruses.

Scientists during and before the 14th century didn't have the best medical care or equipment. For example, during the years of 1347 - 1351, the Black Death, more commonly known as the bubonic plague, was counted as the most deadly disease outbreak in history. It killed roughly 1/3 of the Earth's population at that time. Scientists overwhelmingly worked to find a cure for these diseases but it was difficult because viruses and bacteria weren't discovered until six centuries later. The Black Death still exists today, but isn't as deadly as it originally was. Eventually after viruses and bacteria were discovered, they created an antibiotic for the large plague and it took nearly over 6 centuries to find a way to treat the disease. There are many different diseases that virologists have trouble identifying a cure for, such as a commonly-known virus, COVID-19. This virus was discovered on December 31st, 2019. It killed 6,833,733 people in the world, and 1,161,164 in the U.S. There are currently no available cures or antibiotics that are very effective toward stronger viruses like COVID-19.

Viruses are scary as they harm people daily by killing off the healthy cells in the body while white blood cells increase and help us stay safe. If you want to stay happy and healthy, it's good to incorporate washing your hands in your daily routine in order to kill 99.99% of the bacteria living on your hands!





# The Upgrades of the Campus

Branden B.

Did you know how many upgrades happen over the summer each year at our school? Well, today you will find out what the improvements have happened over the summer on the CPMS campus. For example, the CPMS school has a brand new building, and lots of improvements done over the summer to the campus, so that students and teachers can enjoy even more success for education in teaching and learning. Starting off, we have new equipment for use during PE and lunch - such as new basketballs and frisbees for a better learning experience in these sports. We have more supplies for the offices and classrooms, in case of students forgetting, also having a new 2:1 ratio of chromebooks for better education for students who are working hard both in school and at home. The additions to the school include a new feature all the way up on the roof: such as having solar panels on our roof to absorb energy from the sun, which will halve the electricity bills, and save on non-renewable resources. By doing this we can avoid problems in the atmosphere, such as green-house gasses which cause global warming, which can lead to extreme weather and problems on Earth. As well as the new solar panels, we strengthened interior walls with a product known as Fiberglass Reinforced Polymer (or FRP for short). These walls can resist high impacts to keep us safe in the building. They are scratch resistant and save money for future years. We also built new black gates for dividing the parking lot, but also stopping equipment from rolling down the road. Let's now dive into the CPMS campus and see what more improvements have been made at CPMS. GO TIGERS 🐅!🐅!🐅!🐅!



The CPMS improvements over the summer has benefits for students and teachers at the school. The PE and lunch equipment (frisbees and basketballs) gives us more equipment to have for everyone but also more ideas for future improvements on PE and lunch. We have a 2:1 ratio of chromebooks, (one



at home and at school) which gives us faster technology; due to us spending lots of time with chromebooks. We are one of the more lucky schools who can have more than enough technology for students and teachers to use. We have more office and classroom supplies such as markers, lead pencils, colored pencils, headphones, and more for students and teachers to use when needed. The solar panels are way up to the roof to improve on our electricity, bills, and school fundraisers that is energy taken from the sun, but they do create a very eco-friendly environment for the Earth's ecosystems which lets us save on non-renewable resources that hurt the atmosphere and create rising sea levels from glacier

melting, which is caused by global warming that also caused by green-house gasses entering our atmosphere. Our newly built Fiberglass Reinforced Polymer (or FRP for short) walls create a very high impactful area for us in the school building to keep us safe in the building. The newly built black gates not only help the school by stopping the equipment from rolling down the road, and dividing the parking lot, but also it has a very nice touch of shiny metallic black color, which matches the other gates, and it will be able to save money for future years.

The 8th graders surveyed had lots of interesting thoughts. Almost 60% of respondents knew that we had solar panels for our new school year, done over the summer, meaning around 40% of responders from my survey did not know we had solar panels for our school. The 8th graders know about solar panels, but the best information received about solar panels came from Kai P., who informed me that the solar panels can create “eco-friendly energy” when absorbed to help the environment. Another great answer was from Danica G. who said pollution in the air can cause



“green-house gasses” - which reach the atmosphere and can cause global warming. This can cause ocean sea levels to rise due to glacier melting. Installing solar panels can help this to be avoided. Lastly, Rhys D., said solar panels “generate energy from the sun,” which does not use fossil fuels which can be very healthy to the environment and for the school. I think we will need more solar panels for reducing bills and for more electricity.

FRP walls are helpful for resisting impacts to help keep the school looking shiny and clean because it is scratch-resistant. Out of the 34 8th graders surveyed, 47% didn't know we had installed the



Fiberglass Reinforced Polymer walls, nor did they know what it can do. Almost 45% have heard of Fiberglass Reinforced Polymer, at the least, but they do not know what it exactly used for. Almost 10% of responders have heard of Fiberglass Reinforced Polymer, and know what it is. Keeping the classrooms looking nice, helps students feel like they are in a good place to learn, which helps them to keep working hard.

We used to have cones that would divide the parking lot, which was not the most efficient since it would take so much time to put out and



to take back down, but now that we had installed new gates to replace the cones. The CPMS 8th grade students, such as Giselle Z. liked the newly-built fences for the new school year, because it divides the parking lot, and it is more efficient by stopping balls from rolling down the road, because the other cones would always “fall over.” Danica G. also enjoys the new fences very much for being able to be very efficient and “effective” for stopping balls to roll down the road, she also is amused by them because the fences “dividing the parking lot” are faster and a better way to come in and out of the school. Lastly, Liana O. very much appreciates the fences and thinks it is very efficient by stopping “equipment from rolling down the road.” The fences, in my opinion, are very effective - not only for stopping equipment rolling down the road, and for dividing the parking lot, but also saving money for years to come at College Prep.

All CPMS students love to play with equipment for lunch and PE, but my survey has revealed exactly what the 8th graders think about the new equipment for this year. For example Jacob A. loves the new equipment, particularly the “new basketballs being the right size, ” because the other basketballs were big for him to play with correctly, unlike these new ones. Another student, Rhys D., thinks that the “equipment is cool.” I also think that the new equipment is cool for being supplied to everyone. Finally, Emmilan T. likes the new frisbees, for they are fun to play with at lunch or PE, because everyone gets a chance to play with them. The new equipment, I really enjoy myself, since P.E. is very fun for me and my friends.



In the future, people will build things that are diverse for houses, people, schools, and charities to use. The College Prep 8th grade students I surveyed have diverse ideas for even better improvements to the CPMS campus. An example suggested by many students, including Giselle Z., Hailey I., Lujain A.K., Chloe B., and Isabel A., had the idea of having “mirrors in the bathroom.” This idea would let us check on ourselves if needed. Another idea came from Grace B. and Jacob A., who both would like to see a “new volleyball net,” because the ones we have are starting to get old and have dealt with a lot of middle schoolers who are pushing down on them. I think the nets we have are fine as long as students don’t stretch them too much to the point where they start to fall apart completely, but I would love this idea as well as they want it. Dominic H. doesn’t focus on the field sports as much as Grace and Jacob; instead his focus is on the blacktop where we play basketball. One of Dominic’s ideas was echoed by Rory K. Both students would like to see “more sturdy basketball hoops” that are more stable to play with. In my opinion, this is a great idea because I enjoy playing basketball at school. Liana O. can think inside the box: as for she wants the MPR (Multi-Purpose Room) to have “foldable tables in the cafeteria,” so everyone is not squished on the floor when trying to eat. Danica G. is thinking similar thoughts as Liana but just outside: she wants College Prep to add an extended area for “more lunch tables,” to possibly extend the classes for lunch and snack time,

because we can possibly combine some of the 7th graders who are with the 6th graders, with the 5th graders who just have themselves. If you ask me I think they should add microwaves so it can extend what people bring to lunch, but this could possibly waste lunch time, due to long lines. Mr. Mitch and Ms. Callaway don't always have to rely on themselves to think of everything, but can rely on students, teachers, and staff to help them think what to do for improvements on the campus for next year's students and teachers. Since Mr. Mitch and Ms. Callaway created this amazing charter school, students can get an education for high school and beyond. As the Directors, they choose what

to add to the school for future students attending at College Prep. They revealed ideas for the future in an interview with me. Mr. Mitch and Ms. Callaway have the idea of adding more blacktop for more basketball courts, volleyball courts, and for just for the parking lot itself. We would be able to use it for P.E., for lunch, and for cars to drop off and pick up their students. I think we need them because usually the courts are always full since it is "first come first serve." Also, the parking lot is mostly packed at the end of the school day, either before or after tutorial. Mr. Mitch has had the idea of having mulch for the soil inside the dirt around the school, including the dirt hill next to the stairs that connects the field and the lunch tables. In my opinion, I think that is a great idea, because we can think clean, and go green for the environment and for our school. If we add mulch to our soil, the plants will be able to have a better growth in a better environment, to maybe even encourage us to grow more plants in and out of our school. Mr. Mitch and Ms. Callaway have also both thought of adding more solar panels in the future, because bills will keep going up, and the school could save lots of money on bills and other expenses, but the saved money can help students more by adding their own ideas, but also student or teacher ideas for the school. The solar panels can also have a very impactful effect on the environment, because the sun will eventually run out of nuclear fusion in about 4.6 billion years, but this lets us take advantage of that time with solar panels, since we will not be there when the sun turns into a supernova, and the whole solar system will get uneven, and lots of radiation will be added to our atmosphere which will most likely destroy it. This could save us minerals and non-renewable resources for our planet before it can make them again, instead of us wasting them on powering electricity to cause green-house gasses to enter our atmosphere. Ms. Callaway has thought of installing a rooftop above our lunch tables. This is a great idea, because



some days it is very hot outside - like today, on Friday October 20, it is 97°F with a heat advisory. Shelter over the tables could benefit us in lots of ways; not only on hot days, but also on rainy days. Lastly, Ms. Callaway had the dream of adding an outside auditorium between the field and lunch tables. This is a great idea for multiple reasons! Firstly, teachers can teach outside if they would like to go on the field to teach, especially in P.E. when it is sometimes wet because of the fog in the morning. Secondly, if students would like to talk to each other during lunch while sitting with a backrest, they can. The big dream is that we could watch the games going on while sitting in a seat; such as soccer, volleyball, football, and more. I can see why Ms. Callaway calls this her dream!

