## CROSS COUNTRY: HIGHLIGHTS, SCORES AND MORE!





PICTURED (FROM LEFT TO RIGHT)

BY EDWARD AND SAM

JOHANNA GREINER, CHARLOTTE U'REN, CLARRISE ZIMBER AND MAYA RIOJAS.

## CROSS COUNTRY TEAM MEMBER HIGHLIGHTS

Abraham Newell-Ching (Most improved): Abe has improved massively over the course of track last year and cross country this year. This year was his first time running cross country and he already made it into the championship at districts. His 3k PR is a 14:05 which is a 7:33 minute mile pace.

#### **Cross country district meet**

The district meet was a good meet for scoring for our team. For not a local meet it was pretty good. The scores for the novice co-ed 3k for the men's race was 200 points beating Jefferson and placing 7th out of 8.

And the novice co-ed girls 3k was 162 points placing 7th out of 8 and beating Jefferson once again.

Now onto the "varsity" aka championship race The men's race, the McDaniel boys "varsity" team placed 6th out of 8 beating Jefferson and tying Roosevelt 190, 190 (Thanks to Richard Graves).

Now the girls "varsity" race We placed 7th out of 7th with 197 points



# DID YOU KNOW By Safia

December 12, 2023

## Octopuses have blue blood.

The blue blood is because the protein, hemocyanin, which carries oxygen around the octopus's body, contains copper rather than iron as we have in our hemoglobin.

## Honey never Spoils.

Archaeologists have found pots of honey in ancient Egyptian tombs that are over 3,000 years old and still perfectly edible

### Bananas are berries but strawberries aren't

Botanically speaking bananas qualify as berries while strawberries do not.

## Cows have best friends

Studies have shown that cows form close friendships and become

stressed when they are separated from their best bovine buddies

### The smell of freshly cut grass is a plant distress call

The distinctive scent released when grass is cut is actually a chemical compound plants produce as a distress signal. It serves as a warning to nearby plants that danger is near, and they should prepare for potential threats.

## Honeybees can recognize human faces

Studies have shown that honeybees can recognize and remember human faces. They can associate a specific face with a sugary reward, showcasing their cognitive abilities.

## LET'S LOOK AHEAD

## By Tamia

- December 23 January 1: Winter Break (No School)
- January 19: 6th Grade Dance
- January 25: Winter Band Concert (6:30-7:30pm)
- January 22 January 25: Spirit Week
- January 25: Last Day of Quarter 2
- January 26: No School
- January 29: No School
- February 1: First Day of Black History Month

## THOUGHTS AND JOKES

## By Emerance

## Did you know?

- 100 years ago everyone owned a horse and only the rich owned cars. Today everyone has a car and only the rich have horses.
- Do you ever wonder why mockingbirds sing or feel the blossoming of cherry trees is a symbol of beauty and regeneration? Whatever you think about, even the most random passing thought can be the foundation for something beautiful.
- When you start to notice the beauty within you. You start to notice the beauty within others and no one cares because what we see in others is often a reflection of what we see in ourselves.
- Dear math I'm tired of finding your Xs and Ys please start finding them yourself and also please move on She is long gone and I don't think she's coming back
- I'm tired of following my dreams. from now on I'm going to ask where they are going and hook up with them later on.

# HOW TO WIN YOUR TEACHER OVER

## By Emerance

Teachers love coffee, and bringing them a cup of coffee can be a great way to show your appreciation. You can even add a funny note to the cup, like "You're the best teacher I've ever had, and I'm not just saying that because I'm afraid of getting a bad grade. Everyone loves to be complimented, and teachers are no exception. You can tell your teacher how much you enjoy their class, or how much you appreciate their hard work. And not only will they be happy for most of the day but you might become the favorite student.

A small gift can go a long way in showing your appreciation for your teacher. You can bring them a funny mug, a cute pen, or even some homemade cookies.

Also remember that while these tips are meant to be funny and lighthearted, it's important to always be respectful and polite to your teachers. They work hard to help you learn and grow, so show them the respect they deserve!

## FIT CHECKS: TEACHER EDITION

By Emmie, Evylette, Athena, and Sophia

You may have seen posters in the hallways asking you to vote for the best teacher/staff fits. It should come at no surprise that Ms. Turner, our Restorative Justice Coordinator had the most votes!! In second place we had 3 ties: Mr. Da Rosa, Ms. Tran, Mr. Wash. After that, Ms. Jones and Ms. Rege tied for third. We hope you had fun voting for your favorite teacher/staff fits!

## TAKE A LOOK!

AT SOME OF THE STAFF MEMBERS' OUTFITS FROM OCTOBER AND SEE WHO HAD THE BEST!

By Xi, Kathy, Nikki, Hope, and Ohio



## STUDENT INTERVIEW: AMERIS

By Jae and Josiah

8th Grader Ameris releases a new song on SoundCloud called Omg Kao Are

What is the inspiration for your song?

Playing intense Fortnite boutta rage!

When did you get into music?

Since birth

Do you play any instruments?

No

Yeat

Do you want to pursue music as a career in the future? No, I don't plan on it
Why did you choose the anime trap into?

Why did you choose the anime trap into I think its cool and tuff Is there one artist you look up to?

# **BEST WAY TO GET YOUR MIND**& **BODY IN SHAPE**

Have you always wanted to stay in shape or is your sport stressing you out? Well, you came to the right place, this article explains how to strengthen your body and mind doesn't matter if your an athlete or just a normal person this article explains just how to keep your mind and body in a good place.

1.Keep yourself in a good place by taking time for yourself. Say if you're angry or upset, take some time to sit in a quiet place and take a break.

2.Be physically active it doesn't matter if it's a run, walk or bike. Just be outside and exercise. For instance, go on a run with your friends!

3.Spend time with friends (or family!). Spending time with friends is a good way to feel happier, and reduce stress levels

4.Get enough sleep if you feel like you are not getting enough sleep try going to bed earlier in the evening. And on weekends sleep in!
5.If you ever feel troubled or down, talking to someone might help. For instance, talk to your parents .But if you don't feel comfortable talk to a school counselor, the way to setup an appointment is to go to the RHMS page on canvas on your phone or computer. And scroll down and you'll find the wellness center scheduling and it will take you to anther tab where you can fill out the form.

## THE PPS STRIKE

by: Harley

NOVEMBER 1ST 2023 PPS TEACHERS GO ON STRIKE FOR CITING A LAUNDRY LIST OF DEMANDS THAT WENT UNRESOLVED IN CONTRACT NEGOTIATIONS BEGINNING EARLY THIS YEAR. THE STRIKE LASTED ABOUT 3 WEEKS AND CANCELED 11 SCHOOL DAYS. TEACHERS AND STUDENTS RETURNED TO SCHOOL ON MONDAY NOVEMBER 27TH AND WILL HAVE TO MAKE UP THE DAYS THAT WERE MISSED.

## STUDENTS UPSET ABOUT THE WINTER MAKEUP CHANGE

STUDENTS THAT ATTEND ANY PPS SCHOOL WILL HAVE TO MAKE UP THE LAST 5 DAYS OF WINTER BREAK, JAN 26TH, APRIL 8TH, FEB 19TH. THE SCHOOL YEAR IS ALSO BEING EXTENDED BY THREE DAYS IN JUNE FOR THE STRIKE, BUT SOME PEOPLE AREN'T HAPPY ABOUT THAT. JORGE SANCHEZ BAUTISTA, A STUDENT AT MCDANIEL HIGH SCHOOL SAYS "STUDENTS WERE GLAD TO PICKET WITH THEIR FELLOW TEACHERS TO ADVOCATE FOR SOME OF THE THINGS THEY THEMSELVES HAD DEALT WITH. BUT IN THE END, WE WERE DISAPPOINTED" HE SAID. "CLASS CAPS DIDN'T HAPPEN, AND YET, WE HAVE TO GET MORE DAYS TO MAKE UP FOR THE TIME WE HAD LOST DUE TO THE FAULT OF BOTH SIDES." SINCE THEN JORGE HAS CREATED A SURVEY FOR THE STUDENTS TO STOP THE DISTRICT FROM TAKING AWAY THEIR WINTER BREAK. SINCE THEN ABOUT 5,345 RESPONSES HAVE BEEN MADE AND THIS IS WHAT HE HAS TO SAY. "STUDENTS NEVER VOTED FOR THE STRIKE TO HAPPEN, NEVER WERE BROUGHT INTO BARGAINING TO TALK FOR THEMSELVES, OR IN THE CONVERSATION ABOUT HOW TO MAKE UP FOR LOST TIME," HE SAID. "YOU MADE A DECISION FOR THE THOUSANDS OF STUDENTS IN PPS."

## WHAT IS A STRIKE?

A STRIKE IS AN ORGANIZED STOPPAGE OF WORK CONDUCTED BY LABORERS IN ORDER TO IMPOSE BARGAINING POWER AGAINST EMPLOYERS. BASICALLY A STRIKE IS A GROUP OF PEOPLE THAT ARE UNHAPPY WITH THE PAY OR WORKING CONDITIONS THAT THEY ARE WORKING IN. THE FIRST RECORDED STRIKE IN HISTORY TOOK PLACE IN ANCIENT EGYPT BACK IN THE 14TH OF NOVEMBER 1152 BC WHEN THE ARTISANS OF THE ROYAL NECROPOLIS AT DEIR EL-MEDINA ORGANIZED AN UPRISING.

### ARE STRIKES ILLEGAL?

A STRIKE MAY BE UNLAWFUL BECAUSE AN OBJECT, OR PURPOSE, OF THE STRIKE IS UNLAWFUL, BUT YOU ARE ABLE TO STRIKE BECAUSE OF YOUR 5TH AMENDMENT RIGHT. LEGALLY EMPLOYEES CAN JOIN AN OFFICIAL STRIKE IF THEY'RE IN THE SAME 'BARGAINING UNIT' AS THE TRADE UNION MEMBERS ALTHOUGH WORKERS IN THE U.S

ARE COVERED BY THE NLRA AND HAVE THE RIGHT TO PARTICIPATE IN LAWFUL STRIKES.

ALTHOUGH STRIKES HAPPEN IT'S NOT ALWAYS GOOD THAT THEY DO, IF YOU WENT ON STRIKE HOW WOULD YOU FEEL? ALSO IF YOU WOULD LIKE YOUR WINTER BREAK FILL OUT THE SURVEY!!!!!







## 10. Genius Kid Gets Sent to Military School

This video is about a young boy who's struggling in school, and his teachers and parents are less than understanding. This video shows that intelligence comes in all shapes and sizes.

#### 9. Teen Fired For Tiktok Obsession What Happens Next Will Shock you

This video follows a young girl who really likes tiktok, but the people around her aren't accepting. This video teaches you that you should never change yourself because of your interests or hobbies. There's absolutely nothing wrong with watching eight hours of tiktok a day.

### 8. Grinch Steals Christmas Presents, He Lives to Regret it

If you're looking to get into the Christmas spirit, Dhar Mann's got you covered with this wholesome video you can watch with the family.

## 7. Kids Cheat MRBEAST for 1 Million, They Instantly Regret It

In this epic collab with the two best youtubers ever, Dhar Mann and MRBEAST join forces to make an amazingly well produced cinematic masterpiece.

#### 6. Kid Gets Trapped in Minecraft, What Happens Next is Shocking

We all know Minecraft is the best game ever made, but who would have predicted that Dhar Mann would create such a sentimental video. Be warned, you're gonna be crying when you watch this one.

#### 5. Kid Tries to Cheat Tooth Fairy, He Lives to Regret It.

Personally, the Tooth Fairy is way cooler than Santa in my opinion because she doesn't just work one night a year. This video is super entertaining and fun to watch, but I read some of the comments and they said the Tooth Fairy isn't real, but remember to just ignore the haters.

## 4. MrFeast fights with MRBEAST, What Happens Next Is Shocking

In yet another video with our beloved video creator MRBEAST, he fights his rival MrFeast. This video is a short and sweet six minutes, perfect for killing time.

#### 3. Mom Shuts Down Kids Electronics She Lives To Regret It

The mom in this video wants her kid to get off screens and touch grass, but he wants to be a pro gamer and never leave his room. Classic.

#### 2. MrFeast Runs Out of Money What Happens Next Will Shock You

In this video there's no MRBEAST, but we have the next best thing, and honestly, it's one of Dhars best videos, but not as amazing as our number 1 video.

#### 1. Poor Boy Has Tap Water For Lunch What Happens Next Will Shock you

This video is more than a masterpiece, it's an emotional rollercoaster. I was in tears by the end of the video. I won't spoil too much, but I will tell you that Mr. Smiley is the best character. Please watch this video. You will be enlightened.

## HAWAII: PART II

1. Introduction to the snow

Isle Unto Thyself 2.

**Black Rainbows** 3.

4. White Ball

5. Murders

6. 宇宙ステーションのレベル 7(Space Station Level 7)

The Mind Electric 7.

8. Labyrinth

Time Machine 9.

Stranded Lullaby 10. 11. Dream Sweet in Sea major Hawaii: Part II is an album with 11 tracks, directed by Joe Hawley, Ross Federman, Bora Karaca, and Cluesnjune. The Main tracks are the following;

And although it may not seem like it, this album actually tells a story about love and death. It starts in **Introduction to the snow**, where the main character(singer), speculated to be a man named Simon, leaves their original home for a new chapter in his life. In Isle Unto Thyself, he is portrayed sailing into Hawaii, and putting his past behind him. In Black rainbows, which is sung in a mix of Hawaiian and English, the song depicts SImon Meeting his lover, who is speculated to be a woman named Stella. In White Ball, the song depicts them falling deeply in love, and confessing their love to each other at a ball.



By Omi Boyd

In Murders, the Song depicts Simon and Stella having a picnic in a forest, and Simon finding out that Stella had died sometime in the forest, possibly due to murder. In Space Station Level 7, The song depicts Stella going into heaven and being happy. The song was also sung in a mix of English and Japanese. In the song The Mind Electric, the first half has the singing reversed, but the instrumental is not. Then, once the singing is no longer reversed, and the instrumental playing in reverse, the song itself plays out a trial in which Simon pleads guilty to murdering Stella and being put into a mental hospital. The nurses put him through Shock therapy, which ends up messing up his mind and making his memories break apart like roast beef. The deterioration of his memories is further mentioned in **Labyrinth**, where he is depicted going in mental circles in his mind, feeling as if there's no exit, and eventually forgetting Stella Had died altogether. In the Song Time Machine, he replays all the memories in his mind, changing and altering them as if he were actually going back in time. In Stranded Lullaby, the song talks about him being released from the mental hospital, finding his boat, and sailing off to sea to look for Stella, whom he thought was stranded somewhere. He sings songs to himself, with Hallucinations of Stella singing along with him occasionally. Then, Wrapping up the album, Dream Sweet In Sea Major is a song where while Simon is sailing out at sea, he gets lured by hallucinations of his Beloved Stella, drowns to death, and joins Stella in Heaven, where they are reunited and happy. The album includes beautiful and talented instrumentals, amazing singing, and a nice album cover to go with it. I highly advise anyone to listen to it when possible, since it needs much more attention.



# GOOD JORDANS TO WEAR

By Tamia Lathan

First jordans is jordans 4s

Jordan 4s kind of look like the 5s but the 4s are better. They are called because they are named after the basketball player. Online is the best way to shop. Good shoe apps are Nike, SNKR, and Goat. I have never shopped there but they have good shoes. Here are some of my favorite pears of 4s Retro 4s Red Cement, Black Cat 4s 4 Retro OG Bred 2019, 4 Retro Red Metallic

And Jordan 12s are just good, the design is the best and it is good for the people who crease their shoes they don't show that well. And they don't have any copies which means that there are no other shoes that look like My favorite pears are the Retro Cherries, playoff 12s, Field Purple 12s, Twist 12s, Brilliant Orange, Vivid Pink and that's it.

Now let's talk about have to keep them clean and how to keep the crease out of the crease and how to get them out.

It is really easy to keep them clean but with the Jordan 11s do not wear them in the rain because they will be kinda done. And when you get home clean them and just stop wearing dirty Air Force 1s and just clean them. Now the crease one way is to wear crease protectors or go on YouTube. And how to get them out now this is easy you can keep the paper and put them back in them when you are done. Thank you for reading Keep Your







# CHROME'S NEXT WEAPON IN THE WAR ON AD BLOCKERS: SLOWER EXTENSION UPDATES.

By Miles Pitone

Google's war on ad blockers is just gearing up and with YouTube's best efforts to detect and block ad blockers. Chrome is aiming to bring out the ad blocking limiter: Manifest V3 extension platform in June 2024. Currently there's somewhat of an arms race over ad blocking that brings up an interesting point regarding the power that YouTube and Chrome have in this battle: a dramatic update advantage over the ad blockers.

Google claims that Manifest V3 will improve browser "privacy, security, and performance," but every comment people could find from groups that aren't giant ad companies disagree with the description. The Electronic Frontier Foundation has called Google's Manifest V3 communication "deceitful and threatening," and both the EEF and Mozilla have critiqued most of Google's user focused justifications for the project. Both groups agree that Manifest V3 won't do much for security, since it doesn't stop what extensions usually get caught doing: spying on a user's browser history. Manifest V3 extensions have access to just as much data as before. Ghostery has a page on Manifest V3 warning that "nothing Manifest V3 introduces in its current state can help privacy" and calling the project "ultimately user hostile."

For now, Chrome still works like it always has, but Manifest V3 will start becoming mandatory June 2024.



# WINTER BREAK SHORTENED TO A WEEK: WHAT TO DO TO MAKE THE MOST OF IT

# By Opal S.

The PAT strike that took place last month has made changes to this school year drastically, with school set back a month and some changes to schools across the district. The strike changed everything for lots of people in Portland. The strike started on the first of November and lasted throughout the course of the month, until school started back up again on the 27th of November. But really how much school did we actually miss?

November is notorious for being a month with very little school, often referred to as "No school November", for its lack of days. With grading days, holidays like Indigenous Peoples' Day (formerly known as Columbus Day), and Thanksgiving break, there were only a total of 11 full school days missed. The make-up days are where the problem comes into hand.

At the moment, PPS and the PAT union came to an agreement that they are shortening winter break and instead of having more days into summer. When many received the school letter the night before school started again, they were upset with the matter. Some may argue that winter break is too close and many already have planned vacations or arranged childcare. And they would much rather have a shortened spring break or summer, some even went to the lengths to start a petition to stop our break from being cut in half. There are even posters in our very own hallway to give our winter break back! There will be a URL posted at the bottom of this article if you too would like to contribute to the almost 2000 students who have already signed.

But if we can't petition our winter break back, what will school be like with maybe half of the students gone for the break, and only a week to spend time with loved ones? The whole purpose of the make up days is to give us more time to finish up the remainder of Qt. 2. But some teachers just use the last few days as a time to finish up work and relax and have fun before the break! So you can expect to possibly have some classes where it's a little more relaxed and mellow. But remember that there is a school that needs to be made up and to make the best of it and stay focussed!

Go to Change.org PPS Give Us Our Winter Break Back