



ROSEWAY TODAY

EVENTS HAPPENING IN OCTOBER TO EARLY NOVEMBER AT RHMS

By Hope, Kathy, Winnie, Dina and Nikki

- October 6th- Come to RHMS 5:30-7:30 pm for the Latine Community Night. There will be performances, food, movies and vendors
- October 9th- Indigenous People Day
- October 12th- Hispanic Heritage Month Assembly
- October 13th- No school
- October 19- Picture retake. Smile Big!
- October 27th- 4:30-6:00 pm school dance for 7th and 8th graders
- October 30th- To the 2nd of November- we will be having spirit week, try to show your school spirit. Be looking for posters announcing the themes for each day
- November 2nd- Last day of quarter 1. Remember to turn in all your work
- November 3rd- Applications due for the December 1st Craft Fair (applications in the office)
- November 3rd- No school because of teacher grading



MENTAL HEALTH SPOTLIGHT: DEALING WITH ANXIETY

By Emmie, Ohio, October, Clarisse and Xi

What is Anxiety? Anxiety is something that we feel when we’re worried, tense, afraid or just feeling uneasy in general. This can be caused by things that could happen in the future or things that you think will happen (overthinking). It's normal to experience anxiety but could become a **MENTAL HEALTH** problem if it starts affecting your ability to live freely.

HOW TO COPE WITH ANXIETY

- **REACHING OUT** to somebody you trust (counselor, friends, family etc.) instead of bottling up your feelings since that’s a way that could make your anxiety worse.
- **BREATHING EXERCISES** will help you focus more on your own breathing and can calm this feeling down.
- **WRITING** down your feelings is another option you could choose if you’re not comfortable with talking to someone about your situation that’s currently happening. This is a way to put your thoughts down while also being private to yourself. You won’t need to bottle up your feelings since everything is being written down but remember reaching out is okay!
- **GROUNDING TECHNIQUES** can be helpful in high stress situations. If you feel really anxious about something, and are having trouble calming down, then try counting 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Keeping yourself grounded and calm is a skill that takes a long time to build, but it’s crucial in high-stress situations.

BREAKING NEWS: GOVERNMENT SHUTDOWN

By Omi & Hayden

Is a government shutdown happening? Possibly! As you’ve presumably heard, the government is having some issues deciding on budgets, which will affect many people. Now, you may be asking yourself, “what, when?” It's predicted to happen on September 30th, 2023. we’re here to provide details. You see, today we will be talking about who this event will affect, and how much it will affect.



Let’s start off with who it will affect. Firstly, the people most affected would be Federal employees. For simplicity, we will divide them into Essential and Non essential. This shutdown will force non-essential employees to not work at all, with the essential employees having to work with no pay at all. Businesses that work with food will also be affected, due to delay in the FDA’s workings if this shutdown happens.

Why would the government shut down?

A shutdown happens when Congress fails to pass some type of funding legislation that is signed into law by the president, and Lawmakers are supposed to pass 12 different spending bills to fund agencies across the government, but it is time-consuming. The last government shutdown lasted Dec. 22, 2018 to Jan. 25, 2019. Spanning 35 days.

RHMS SPORTS

By Jae, Sterling, Nathan, Osam, Josiah, Huxley and Gage

7th & 8th Grade Football Schedule

9/30 5:00 pm McDaniel vs Cleveland **Score: 26-18**
10/7 5:00 pm McDaniel vs Hillsboro @McDaniel High School
10/14 3:00 pm McDaniel vs Franklin @Cleveland High School
10/21 3:00 pm McDaniel vs Parkrose @Ida B. Wells High School

Middle School Cross Country Schedule

10/6 5:00 pm PIL MS Meet: McDaniel, Roosevelt, Grant, Jefferson @Wilshire
10/13 5:00 pm All-Comer Meet: All PIL MS teams @Fernhill
10/14 Time TBD Rose City Championship Invite: Qualifying MS Event @Rose City Golf Course
10/20 5:00 pm PIL MS Meet: McDaniel, Lincoln, Roosevelt, Franklin @Clinton Park
10/24 4:00 pm PIL MS District Meet: All PIL MS teams @Jackson MS

6F Volleyball Girls Blue & Red Schedule

9/30 9:00 am McDaniel Blue vs Cleveland Yellow **Score: 0-2**
9/30 10:00 am McDaniel Blue vs Jefferson Blue **Score: 2-0**
10/7 1:00 pm McDaniel Blue vs Roosevelt Black @McDaniel
10/7 2:00 pm McDaniel Blue vs Lincoln Red @McDaniel
10/7 11:00 am McDaniel Red vs Wells Black @McDaniel
10/7 12:00 pm McDaniel Red vs Lincoln Red @McDaniel
10/14 1:00 pm McDaniel Blue vs Franklin Maroon @Roosevelt
10/14 2:00 pm McDaniel Blue vs Cleveland Green @Roosevelt
10/14 11:00 am McDaniel Red vs Roosevelt Black @Roosevelt
10/14 12:00 pm McDaniel Red vs Jefferson Blue @Roosevelt
10/21 1:00 pm McDaniel Blue vs Wells Green @Lincoln
10/21 2:00 pm McDaniel Blue vs Grant Blue @Lincoln
10/21 11:00 am McDaniel Red vs Cleveland Green @Lincoln
10/21 12:00 pm McDaniel Red vs Franklin Maroon @Lincoln

7th Grade Girls Blue & Red Volleyball

9/30 1:00 pm McDaniel Red vs Grant Gray **Score: 0-2**
9/30 2:00 pm McDaniel Red vs Grant Blue **Score: 0-2**
9/30 3:00 PM McDaniel Blue vs Jefferson Blue **Score: 0-2**
9/30 4:00 PM McDaniel Blue vs Jefferson Gold **Score: 2-0**
10/7 11:00 am McDaniel Blue vs Cleveland Green @Lincoln
10/7 12:00 pm McDaniel Blue vs Franklin Maroon @Lincoln
10/7 11:00 am McDaniel Red vs Jefferson Blue @Lincoln
10/7 12:00 pm McDaniel Red vs Cleveland Yellow @Lincoln
10/14 3:00 pm McDaniel Blue vs Roosevelt Black @Cleveland
10/14 4:00 pm McDaniel Blue vs Roosevelt Black @Cleveland
10/14 1:00 pm McDaniel Red vs Wells White @Cleveland
10/14 2:00 pm McDaniel Red vs Lincoln White @Cleveland
10/21 11:00 am McDaniel Blue vs Lincoln White @Grant
10/21 12:00 pm McDaniel Blue vs Roosevelt Gold @Grant
10/21 12:00 pm McDaniel Red vs Lincoln Red @Grant
10/21 1:00 pm McDaniel Red vs Wells Green @Grant

8th Grade Girls White, Blue & Red Volleyball

9/30 10:00 am McDaniel Red vs Lincoln White **Score: 1-2**
9/30 11:00 am McDaniel Red vs Franklin Gray **Score: 0-2**
9/30 12:00 pm McDaniel Blue vs Roosevelt White **Score: 0-2**
9/30 1:00 pm McDaniel Blue vs Cleveland White **Score: 0-2**
9/30 2:00 pm McDaniel White vs Roosevelt Black **Score: 2-0**
9/30 3:00 pm McDaniel White vs Jefferson Blue **Score: 2-0**
10/7 10:00 am McDaniel White vs Grant Gray @Jefferson
10/7 11:00 am McDaniel White vs Lincoln Red @Jefferson
10/7 12:00 pm McDaniel Red vs Cleveland White @Jefferson
10/7 12:00 pm McDaniel Blue vs Lincoln White @Jefferson
10/7 1:00 pm McDaniel Blue vs McDaniel White @Jefferson
10/14 9:00 am McDaniel Red vs Jefferson Gold @McDaniel
10/14 11:00 am McDaniel Red vs Cleveland Yellow @McDaniel
10/14 12:00 pm McDaniel Blue vs Cleveland White @McDaniel
10/14 1:00 pm McDaniel Blue vs Franklin White @McDaniel
10/14 2:00 pm McDaniel White vs Cleveland Green @McDaniel
10/14 3:00 pm McDaniel White vs Grant Blue @McDaniel
10/21 8:00 am McDaniel White vs Roosevelt Black @Wells
10/21 9:00 am McDaniel White vs Jefferson Blue @Wells
10/21 1:00 pm McDaniel Red vs Roosevelt White @Wells
10/21 1:00 pm McDaniel Blue vs Wells White @Wells
10/21 2:00 pm McDaniel Blue vs Roosevelt White @Wells
10/21 2:00 pm McDaniel Red vs Wells White @Wells

HOW MEDIA AFFECTS OUR LOVE OF FOOD

By Edward, Sam and Miles

For many people, food is more than just eating to survive, lots of people consider food to be an art form. But maybe there’s a reason that food is so beloved, especially in the US. If you think about it, food is everywhere, not just in grocery stores and restaurants, but in our phones and TV too. Look back, when was the last time you saw food in digital media? Maybe you were scrolling on YT Shorts or Tiktok, or maybe you were casually watching Ratatouille. Whatever the case is, it was probably recently. In this article we’re going to be going over the most influential movies, tv shows, and content creators that make our appreciation for food grow.



Algorithms help with content on your “for you page”. By tracking what you watch and putting more recommended videos on your FYP. This combined with what you like to watch has led to some underlying changes in consumer behavior. The hashtag for different food takes you to a different page with the type of food that the hashtag says. TikTok has also made it so you can see the original video, more people might see the original video and help out that food creator. Many people have managed to create careers for themselves from simply cooking, or even just eating food. Here are some tiktok (and YT shorts) food creators that you should check out.

1. Packaged Food Gourmet

This wholesome channel makes recipes from websites, often the worst rated recipe on the site, and tries them out to see if they’re really as bad as their reputation.

2. Cooking with lynja

This wholesome granny from Japan who cooks on tiktok and on youtube shorts. She does cooking challenges and also made cookies for cancer! The recipes she makes look absolutely delicious!

Commercials and advertisements for food are specifically worked on in a way to make the food look much nicer and pleasing to the eye.This causes you to want to buy it more.There are jobs for people where you’re practically a makeup artist for food, such as adding grill marks on burgers or water droplets on tomatoes and lettuce to make them look more fresh. That’s why when you see a burger in a commercial and buy it in real life, the burger looks way less appealing than in the commercial. Other ways commercials make you want their food more are marketing companies use lots of techniques to make you think about their food more such as adding a catch phrase or jingle to get stuck in your head or doing big stunts. Such as Colonel Sanders delivering window washers to KFC or Burger King making beef scented cologne. These are all ways companies can influence what food you choose to buy and consume their food.



FASHION COLUMN

By Emerence and Safia

Fashion is a powerful tool for cultural expression. In different parts of the world, traditional costume and ethnic patterns are used to celebrate and honor cultural heritage. These pieces of clothing are not only the symbols of identity but also tells stories about the history, beliefs, and values of a people. It also showcases the unique styles and different traditions. Like Japanese kimonos to the variant colors and ornate embellishments of Indian sarees, each culture’s fashion reflects its value and history. Accessories, like beaded jewelry in African culture or metalwork.

TYPES OF STYLES

The **grudge aesthetic** is all about comfort and experimentation: clad in brown, beige, gray, and black flannels, ripped jeans, and oversized silhouettes. Clunky combat boots Chokers and hoops earrings and any other jewelry choices.

Hipster fashion is not just a fashion style, it’s a way of life. Hipsters are mostly identified as the outcasts or individuals who are keen on creating a life that is unique and authentic.

Tomboy fashion is clothing with looser cuts that are about comfort. You can consider the tomboy aesthetic as the antithesis of dainty and delicate. The ultimate tomboy uniform consists of leather or comfy bomber jackets, straight denim or mom jeans, oversized hoodies, sneakers, and head accessories like bandanas, beanies, and baseball hats perfect for lounging and playing sports And those are just some of the different fashion styles. There are many different styles and they all have their own meaning and cultural backgrounds.

Streetwear is a casual and comfortable style which became global in the 1990s. It grew from New York hip hop fashion and Californian surf culture to encompass elements of sportswear, punk, skateboarding, 1980s nostalgia (Nos-tal-gia), and Japanese street fashion.

Preppy wear Inspired by traditional english dress codes in 1920s, preppy styles are all about bold colors and fine prints it's also can be classic basic and incorporating ultra-feminine elements



Emerance: Fashion is about being yourself and wearing whatever you want. You could be patterned one day or striped, it's about showing other people what you like and what your interests are, it's about being creative and being an open thinker. You could dress to be comfortable or lazy. It's all what you want. Sometimes it can be for your religion or for when you're going out with friends. It could also show other sides of yourself and bring more life to your life just by wearing colors.

Safia: Fashion is a great way to express yourself and show off your personality. I think it's important to keep up with the latest trends, but at the same time, it's important to find your own style. Fashion is a form of art, and I think it's important to find pieces that represent who you are and your unique style. I believe fashion is a great way to express yourself and can be a lot of fun.

STUDENT LIFE: OPINIONS

By Samra, Sophia, Elaina, Siyad, Evyllette and Athena

SUN SCHOOL

Starting off with SUN School. Students go to Sun school starting at 3:50. It includes exciting activities and also many classes to do with your friends, such as cooking, bracelet making, chess club and one of many favorites, team sports. After SUN School there are also bus enrollments if you don't have a ride home. When I used to go to SUN I really enjoyed playing fun games with my friends. We would also have so much fun making stuff in other classes. Some students don't really like it but personally I really enjoyed it. It really depends on who you're spending time with.

HALLWAYS

When we are walking in the halls we are usually walking to our classes going to the bathroom or getting water. I think the hallways are ok but could be better. A lot of arguments happen in the halls that can turn into fights. There was a fight just the other day. To help make our halls more safe, stop leaving trash in the halls, be kind, and don't start any fights. Make sure to call over a teacher like Mr. Wash, Coach Scott, or Ms. Syn if anything happens.

RECESS

Recess has to be the best time for a break and to hang out with friends without having to write down anything and to just play and talk. I think that we need more playing equipment cause most of the time all of the equipment is being used or just lost. The playground would be way more fun if it wasn't so broken. We should have a fixed tire swing and a swing set to make kids more excited to have fun at recess.

CAFETERIA FOOD

Some people like cafeteria food and some don't. Others think it's nasty, others think it's yummy. My opinion on school food is that I personally think it's nasty, Some people think it's delicious! The Thursday pizzas are very greasy and gross, The chicken sandwiches are unseasoned and the bread tastes dry and nasty. Usually people get peanut butter and jelly because it's better than that.

STUDENT INTERVIEWS

By Opal, Harley and Tamia

Hey RHMS, have you ever been interviewed? If so, what? In this column, we ask questions to different students and teachers about RHMS. This way, we gather different opinions about what goes on at school. Everybody needs to be heard because that way we learn about other people’s vision and state of mind.

This interview features Dylan W., who is a 7th grader at RHMS. When we asked what her favorite part of the school was she said she really enjoys school because of her friends and her favorite class, Art with Ms. O’Toole. But Dylan also has some criticism about the school. When asked what something she would change about the school she said she would make it so “the pipes won't burst in the middle of science and ceilings won't crumble and leak rain water.” School isn't all that bad besides the fact that it “looks like an off brand In & Out,” Dylan added. She also has a younger sister who goes to the same elementary school, Scott Elementary School, she went to just two short years ago. Another student, Quinn, said her favorite part of the day is seeing Ms. Jones, who teaches 6th grade math and finance.

Zoe G., who was also interviewed, said that the best place in the whole entire school is “the bathroom on the other side of the library near some of the 8th grade classes.” Dylan mentioned that art, along with being her favorite class, is one of her favorite places in the building, and many agree such as Harbor and Quinn. Do you have a favorite part of school or any complaints you want to be featured? Request to be interviewed for next week's edition of Roseway Today! Just ask Mr. Bloemink or Ms. Ball, and you may be next to tell the school your favorite parts of the day!

WANT YOUR COMIC OR STORY FEATURED IN THE SCHOOL NEWSPAPER? READ BELOW!

Even if you’re not in the Journalism elective, you can still be featured in the school newspaper! Do you enjoy creating comic strips or writing stories? Share your comic, short story, or column using the bit.ly link or QR code and possibly be featured in a future issue! bit.ly/RosewayToday



