Cheerleading

By Serenity Robinson

Cheerleading from (Wikipedia) here are 3 facts about cheerleading:

1) Cheerleading began in the 18th late century with the rebellion of male students after the American Revolutionary War.

2) The first recorded Cheer Squad in NFL history was for the Baltimore Colts.

3) The Dallas cowboy Cheerleaders soon gained a lot of spotlight with their reveling outfits and sophisticated dance moves.

I want to be a cheerleader because I think its fun and it makes me happy. I also want to be a cheerleader because they’re outfits are cute.

All About Manatees

By: Kaliyah Thomas

Have you ever wondered what manatees eat or how they sleep and if they’re aggressive or how they show their love? Well let me answer all of those questions. Manatees show their affection by rubbing their whiskers on your face. That’s an amazing way to show their affection don’t you think? How do manatees sleep? They sleep on their back and face up also. Another fact is, they will often sleep underwater for half a day, coming to the surface for air for 20-minute intervals, and grazing for food in shallow waters. Are manatees aggressive? Some people think they’re aggressive but they are really not. Manatees are not dangerous. Manatees are peaceful and calm marine animals that do not harm anyone. They are, in fact, curious animals who enjoy human interaction, and they enjoy interacting and staying around humans. As a result, manatees frequently approach swimmers or divers for a belly rub or close contact. And that’s it about manatees.

All this information was from Google

Roblox

By: Salem Vazquez

Roblox is fun, isn't it? Well yes unless... hacker! It is not good for a hacker to ban someone. So be careful. Also there something called age ratings so kids know if appropriate to play. Some games are for all ages, 5-20 (Age or all age). So have some fun but be careful and watch for hackers, and play age appropriate games.

Alligators

By: Kingston Ashley

I love alligators!

Thay are so intelligent. Thay can hold their breath under water for 2 hours. They have sharp teeth, and they eat only meat. They can swipe you with their tail and they have hard skin. They lay eggs to give birth. They are a top 10 predator. In my opinion, alligators are extremely fascinating!

Cupids' Day of Love

By: Kinsey Grunz- Smith

Cupids' day? Cupids day is the day of love or in another way “Valentines Day.” Some fun facts are red roses are known as the flower for love! Also, Cupid was a Greek god. Did you know that the name Valentines for Valentines Day is named after a Catholic priest who lived in Rome and known for marrying repeatedly? And that day is the 14th because the day became associated with romantic love in the 14th and 15th centuries when notions of courtly love flourished, in association with the "lovebirds" of early spring. Roman Emperor Claudius II murdered two Valentines on February 14 (although in different years) in the third century A.D. 60% of Americans planned to buy greetings and gift cards (NRF report 2023). Therefore, they are the top-selling items for Valentine's Day, especially if they are unique or personalized. Many people like to exchange cards on this holiday as a way to express their feelings and affection for their loved ones.

Information from: Google

The History of NFL Receiving Yards

By: Antonio Sanferraro

Do you like football? I do and this text will be about the history of NFL receiving yards. Jerry Rice lead with 22,895 receiving yards all-time and Tyreek Hill lead the league with 1,800 receiving yard in a season. The longest 1,000-yard seasons Jerry Rice once again lead with 11 seasons with 1,000-yard seasons. However, Mike Evans is catching up with 10. But the real question is who is the best receiver of all-time is it Jerry Rice, Randy Moss or Mike Evans- what is your opinion on this?

All About Skinks

By: Cody Williams

Skinks are a breed between a lizard and a snake. You can find them on beaches, palm trees, and under moist things. Sometimes, you can even catch them at your house, but be careful if you do catch one, as they can be very, very slippery!

All About Cats

By: Kaliyah Thompson

Have you ever wanted to know everything about cats? Well, if you do, you’re reading the right article. You may be wondering are cats dangerous? Although cats are great companions, cat owners should be aware that sometimes cats can carry harmful germs that can cause a variety of illnesses in people, ranging from minor skin infections to serious illnesses. Also, you have to get your cat a shot once a year so they don’t spread diseases. Can cats get emotionally attached to us humans? Evidence suggests that cats have an attachment to their owners and can experience positive emotions such as joy, contentment, and pleasure when they interact with their favorite people. Cats form strong bonds with people, recognizing them as part of their family and relying on them for physical and emotional support. Can cats help with mental health? Yes, their ability to reduce stress, offer companionship, heal with purrs, and offer their services as therapy animals makes them the ideal champions for mental health. So next time your cat rubs its body against you, give her a loving pat and thank her for her role in helping your mental health stay positive. What are the top 3 popular cat? The top 3 popular cat are 1.) Ragdoll 2) MaineCoon and 3.) DevonRex. And that’s it for cats! Have a great day.

All information was from Google

**Cats in the Next World**

**By Kinsey Grunz-Smith**

Cats nine lives over they come into the afterlife

They will be in you when you thrive

But cannot revive in the afterlife

It's sad but true and when you die you

Will see them too.

A POEM OF DOGS

By Jordan Weatherspoon

A dogs 13 years up the hill going down into to the afterlife

1 year at a time the owners are at their sake of tears

Their hearts are at the line they wish they were the one

To die.

Vacaciones

By: Jorge Valdes Calderin

Yo prefiero unas vacaciones en Nuevayorc adentro de la estatua de La libertad ir a ber el sirco haser un picnic y acampar al lado del rio ir a la playa para banarme en la playa y tomar aire freso y ber los baros pasar lenta mente

I'd rather have a vacation in New York inside the Statue of Liberty, go to the beach, have a picnic and camp by the river, go to the beach to swim on the beach and get some fresh air and see the boats go slowly.

Tom Brady A.K.A The G.O.A.T

By: Michael Forti

Information found in GOOGLE.

To start, did you know that Tom brady is the NFL’S G.O.A.T?

Well Thomas Edward Patrick Brady, Jr. retired February 1 2023 at a age of 45 with a total of 7 Super Bowl titles and he was a 5x Super Bowl MVP. Well, Tom Brady’s 7 super bowl wins were to the Chiefs , Seahawks, X2 Rams , Falcons , Panthers , and the Eagles. You want to learn some fun facts now? Well, did you know that Tom Brady was the 199th pick in the 2000 NFL draft? And also did you know that Tom Brady never got to play in the pro bowl because he was always in the Super Bowl? Actually he was in it once in 2011. Tom brady also broke a lot of records. If you want to learn some more, Tom Brady also leads the league in passing touchdowns at 624 and he leads the league in career wins with 243. He also leads the league in passing yards with 84,520. Finally, one last fact is that Tom Brady is for sure. the best quarterback in the NFL. Well, I hope you enjoyed learning about Tom Brady because I sure did!

Soccer

By: Yonathan Fonseca Martinez

El soccer me Gusta porque puedo jugarlo a po con mis amigos lo practico todos los dias y es el mejor deporte del mundo. Mi gato se llama michi y es muy educado le Gusta comer pollo y duerme en mi cama =).

El chita me gusta porque corre rapido como yo por eso el chita es mi animal faborito y tiene mucha ajilidad es el mejor anmal del mundo.

I like soccer because I can play it with my friends, I practice it every day and it's the best sport in the world. My cat's name is Michi and he is very polite, he likes to eat chicken and sleeps in my bed =). I like the cheetah because it runs fast like me, that's why the cheetah is my favorite animal and has a lot of chilliness, it's the best animal in the world.

The History of Volleyball

By: Sklya Thomas

Some information from Wikipedia

Volleyball is a team sport in which two teams that are separated by a big net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic since Tokyo. Volleyball was introduced to the programmed at the Atlanta 1996 Summer Olympics. The rules are extensive but play proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to three times to return the ball to the other side of the court, but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack. An attack is an attempt to direct the ball back over the net in such a way that the team receiving the ball is unable to pass the ball and continue the rally, thus, losing the point. The team that wins the rally is awarded a point and serves the ball to start the next rally.

Minecraft!

By: Henry Tyler

Today I am talking about Minecraft. I found the source on Google. Minecraft was created by Notch. Also, it was made public in May 2009 before being fully released in November 2011. It's also a descendant of a long-gone Civilization Of master builders over going their ancestors by freeing them from and in carrying on their legacy and the over world. I love Minecraft because you can play with your friends. Also, you can pvp too and that's why I love Minecraft.

FLY EAGLES FLY!

By: Jayden Nicely

I love football, so here are some facts. My favorite team is the Philadelphia Eagles. My favorite wide receiver is A.J Brown. He had 1,456 Yards 106 receptions and 7 touchdowns. Football is the best! I used to play and I still do. I used to be center which is the hiker, which a player named Jason Kelce hiked for his team. The Eagles made the super bowl last year with the Chiefs. The Chiefs won 38-35, but we almost beat them. However, I feel the Eagles are a good team, and we have strong players.

Source of Information: Google.

Doggie

By: Raghad Jasim

This is the story of my 5-year-old dog. My dog’s name is Doggie for now. I do not know what to name him, so please give me ideas. The first time I got him was in 2019. He was adorable! He learned how to climb up stairs, he learned how to sit, and he was very energetic. He liked to jump on people, and bite people’s hands.

Now he is 5 years old and still healthy, He’s very lazy but energetic, He likes chicken, beef, almost everything! He has brown fur, and he is not that fluffy, and he likes to go to the dog park. He is mostly aggressive towards other dogs, but not people though, but he is still a cute dog though. Lastly… he always scratches my door, When I get up, he just sits there. It’s aggravating. That is the story of my dog.

Josh Hutcherson

By: Skyla Thomas

Josh Hutcherson is an American actor, in many movie/TV shows. He dreamed of acting since he was just 4 years old! At 9 years old he began acting. Josh’s first role was in House Blend, a WB comedy pilot that wasn't picked up, plus provided the movement of “Hero boy’’ in Polar Express (2004), wearing a black body suit covered with motion sensors to aid in the animation process. To prove he was a good actor he won the 2006 Young Artists Award for Best Performance in a Feature Film, Leading Young Actor. He tried to run for the lead role in the 2012 Spider-Man film. Sadly, Josh lost to Andrew Garfield. He also starred in “The Hunger games”, “Five nights at Freddy’s’’, “Bridge of Terabithia”, and many more. People began make social media videos and giving him the Flo Rida's 2012 song "Whistle.’’ Josh is worth $20 million, that’s a lot of money. Personally, I think he is a great actor and a great man in general. What do you think?

Rosa Parks

By: Ry’leigh Landers

There were so many people who wanted to change the racial injustices of our world. One of them was Mrs. Rosa Parks. Let me tell you why she changed things because there are so many different reasons. Rosa was born on February 4th, 1913 and died in 2005. She was one of the leaders in the Civil Rights movement in Alabama. Rosa got on the bus on December 1, 1955, but instead of going to the back of the bus, which was designed for blacked people, she sat in the front of the bus where white people sit. The bus driver asked her to get up. Instead she refused. She was jailed for not getting up from her seat on the bus and then even lost her job. Rosa said “The only tired I was, was tired of giving in.” But Rosa stood up for US African Americans and she was a wise woman. I guess those are some of the reasons we should love Mrs. Rosa Parks. Boom!

Roblox

By: David Woodson

I found this game called Roblox and it has a lot of cool experiences, and the experience I want to talk about, is “Football Fusion 2.” This can take you to an actual football game that you can play. Also, there is a practice mode where you can practice your throwing and catching if you're new to the game. And when you go to play a real football game, there are some roles that happen, such as incompletes, turnovers, touchdowns, and more! Once you get better at the game, you can show your skills towards other players, and I bet you they’ll be surprised. Also, if you’re quarterback, you get to hike the ball, but make sure you find somebody that’s wide open before you throw the ball, and check to see if your aim of good too. But if your teammate drops the ball, it’s basically because they probably weren’t ready for that. There are some items that will be needed for a football game, such as pigskin, grid iron, and football players from any team. So yeah, that’s the experience I wanted to talk about, especially when it introduced one of my favorite sports. I guess I better start training then!

Sports

By: Mariana Padilla

There are many different kinds of sports. If you like these sports mentioned, you can practice and become very good at it.

Do you like basketball, football, or even soccer? I love these sports but my favorite is football! Me and a lot of boys like football at my school, but I’m a girl. People think that it is funny that girl likes football or even basketball, but why not?

Basketball in my second favorite sport, but my favorite sport is football because my friend that is a boy shows me how to play and hold the ball and how to throw it. He also taught me how to play basketball and how to shoot.

I like sports, but one thing I do not enjoy is getting sweaty. I still practice with my friends at school and enjoy it.

Handling Stress

By: Kinsey Grunz-Smith

Have you ever had really bad anxiety that you could have had an anxiety attack or simply panic at all? I know I have! People respond to stressful situations and handle it in many different ways.

To kick it off, one way the body reacts to danger is the flight, flight, or freeze response. Just like it says, in Source 1 “Human Instincts,” “flight” is an example of one response. If someone is fearful of snakes and encounters one, they might run the other way. Another response is “fight,” and this is more like the person would grab the snake by the neck and take it somewhere far, far, away. And last but not least is “Freeze,” and this is most likely me! Freeze is what it just what it sounds like, you freeze in fright and can’t do anything. Anxiety just completely takes over. Just like as source 2 states, it talks about what happens when you get stressed – you start to feel cold and get sweaty hands or your heart beats fast. Or you get physically sick – this actually reminds me of my sister. She has anxiety so bad at times that she actually becomes sick.

To continue, there are other strategies you can use to help overcome anxiety. For example, source 2 gives you the example of the breathing and counting one, two, three, four step method. The first step “Stand or sit comfortably. Inhale slowly to fill your belly with air.” Then, step two you “hold the air for a few seconds.” The third step is to “exhale slowly and feel the air release.” Imagine you are exhaling the bad thoughts away! I recommend this by the way – it works! And finally, step four is to repeat as needed. This is a really good idea to calm yourself down if you are nervous about a test or upcoming trip. But that’s not all. There are many ways to do it. You can do yoga, meditation, listen to music, paint, draw or any movement. Personally, I really like music!

In conclusion, people respond and react to stress, anxiety and fear in many ways. Now that you know and understand, I’m going to go listen to music because I’m so anxious about meeting my favorite celebrity tomorrow!

Fun Times Cruising!

By: Cameron Johnson

I got a chance to go on a cruise for 4 days. I went to the pool area and then I went to my room to wait for my suitcase and my backpack. Then I went to the store on deck 5 but then I wanted to have dinner with friends so I did that and had a lot of fun. I went back to deck 6 and then I wanted to sleep I was so tired. The next day I got dressed for the day- we going to spend the day at the Bahamas. I had my wallet in my backpack, as well as my boat card to get back on the boat. On the island, I went shopping at the store and then I travelled back to the boat. I went to dinner with friends and was very tired. I went back to my room and fell asleep quickly. The next day, I got dressed for the day and headed to the pool, then to the store, then to the show that started at 8:00. I enjoyed the show, and then headed back to the pool area. I went to dinner with friends, then I crashed into bed as I was so tired. The next day I went to dinner only myself – it was tasty! The next day I got up and packed up all my stuff and got dressed. It was time to get off the boat and I got to ride home with my friends. My cruise was definitely a fun adventure and I can not wait to go back soon!

Take a Deep Breath

By: Michael Forti

Woah! I’m feeling nervous, so I’m going to take a deep breath and exhale to get rid of this stressful situation. Also, did you know that people respond to stressful situations and handle them in many different ways?

To kick it off, the body reacts in a different way when it feels it’s in danger. For example, did you know when you encounter a snake or any dangerous animal your body responds with a freeze, fight, or flight response? (source 1). Well, this relates to the time I encountered a snake and my body used this technique. As stated in source 2, when people feel anxious, their heart will beat fast and you will feel sweaty, cold, or clammy. I wonder how that might feel if that happened to me.

Another key point is that there are different ways the body overcomes fears. Source 2 paints a clear Mona Lisa that people practice yoga, mediation, walking or even running to overcome fear or anxiety. In this case, I remember my friend telling me that he does this to overcome his fear and anxieties and it works! For instance, if you have a fear of flying, just go for it and fly because flying is actually safer than driving a car (source 3). To put it differently, I remember when I had a fear of planes, but I overcame it by flying a lot.

In conclusion, people respond and react to stress, anxiety, and fear in many ways. Well, I’m going to go teach people how to overcome their fears now. And remember, when you feel nervous, just inhale and exhale.

True Friends

Poem from Google, found and enjoyed by Serenity Robinson

A friend is like a star that twinkles and glows

Or maybe like a ocean that gently flows

A friend that is like gold that you can treasure

A friend that you can take care of forever and ever

A friend that is like a angle and there to guide you

A friend is someone you can trust out of a few

A friend that is more than one millon

They are one In a ca-zillon

And you, my friend, are very special

And so it is official.

ALL ABOUT TAYLOR SWIFT!

By Kaliyah Thompson

Are you a Taylor swift fan and want to become a Swiftie? Here is everything you need to know to become a Swiftie.

1. What is Taylor swift favorite number? --- It 13 because it has brought her good fortune and success since the day she was born on Dec. 13, 1989.
2. How many cats does Taylor swift have? ---She has three and their names are Olive Benson Meredith Gray, Benjamin Button, and and Olive. Benson and Meredith Gray are Scottish fold and Benjamin button is a rag doll.
3. Who is Taylor swift dating?--- The famous football player Travis Kelsie. Did you know that at the era tour Taylor swift changed up the karma lyric “ karma the guy on the Chiefs coming straight home to me”
4. How old is Taylor swift?--- She is 34 years old.
5. What was Taylor Swift’s first song? ----Tim McGraw.
6. Is Taylor swift married? --- Taylor Swift has never been married or divorced. She has had a string of relationships.
7. What is Taylor Swift’s most sold album?---- “1989,” her fifth album, is widely considered her most popular, even if in actual sales numbers it lags behind “Fearless,” her second release. The original “1989” released in 2014 has been certified by the RIAA as nine-times-platinum.
8. What is Taylor Swift’s longest album? ----The second of Taylor's re-recordings was Red (Taylor's version) which was released on 12 November 2021. It is easily Taylor's longest album with 30 songs included and running over two hours.
9. What is Taylor Swift ranked in the world ? ----Taylor Swift is the world's fifth most powerful woman.

And that’s it- you are now a Swiftie!

Therapist Friend

By: Serenity Robinson

People go to you because they can trust you. They know your lips are sealed and their secrets are safe with you. They know they aren’t going to be judged, because when they’re with you, all they feel is undying love. You’re always the helping hand and giving a pat on the back and helping raise people up but who is helping you? When you’re the therapist friend, you don’t get to unload your baggage.

I’m just the therapist friend.