

# The Monarch Chronicle

**N**orthern **C**hatauqua **C**atholic **S**chool

**Special Eighth Grade Graduates Edition**



# Inside

**Sienna Isabella Sophia Cassidy McKenzie Avery Khloe Dylan Joseph Chelsey Ava Cesar**  
...and some creative writing and articles by 6th Grade Girls



## Catholic Corner

### *The Parables*

What are parables? Parables are stories that Jesus told to make the people think. It was up to them to figure out what he meant and the lesson they should learn. As a Summer family activity, read some of the parables found in the Bible. Discuss what they mean. Here are some parables to get you started:

*Matthew Chapter 13 verses 1-53, Luke Chapter 15 verses 1-32, Luke Chapter 18 verses 1-14, and Luke Chapter 19 verses 1-27. You might even decide to make a booklet with illustrations as a family project.*

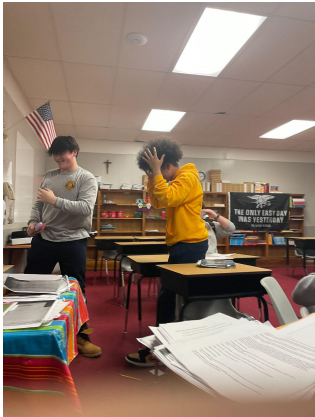
Have a great Summer!

Miss Mourer

*This publication represents the research and creative writing of NCCS middle school students. It is not for profit in any way other than the satisfaction students feel when they see the results of their hard work. Because I closely monitored the internet sources used by all my students, I have waived the responsibility of in-text source citation for this issue. What is most important here is that the voices of the writers are their own, and they have used them to express their ideas and those of others.*

# Sienna Alston -- NCCS Reflection

I came to this school when I was a tiny monster who was always causing trouble. I was so bad that I got kicked out of the school in kindergarten and then years later I came back when I was in fourth grade due to problems I had with students and teachers. When I came back I was always doing wacky things that we shall not speak about . Since fourth grade We have all evolved and changed in many many different ways. When I first walked into this school I knew that I wanted to transfer. It was nice, (if only I knew it was a facade). The students were all different even though they wore uniforms.



Fourth grade was probably the most normal school year out of all of the years I have been here. We all went through the weirdest phases while going to school here. The unicorn phase happened in fourth grade where every girl liked unicorns including me. Gel pens were another popular thing in fourth grade. During that year we spent it learning about the systems of the body and prepping for prep school.

Fifth grade was our covid year where everything was normal in the beginning of the year up until april. Everything was fine but after spring break, we had been called to the gym for an announcement. When we went down stairs we were surprised to find out that the whole school was going to be doing online classes for two weeks due to a newly discovered form of coronavirus called covid 19. Soon after this we had started online classes. When we started online classes we had only been taught by Math and we were given all of our books and work that was going to be due for the next two weeks. Two weeks had passed and we were still doing online schooling. Everyone was curious as to why we were still doing online schooling. A few days later we had joined a zoom and were told that we were going to do online classes until next school year. Finally after barely passing all of my classes, it was finally time for sixth grade.

Sixth grade was the comeback year where we had to learn more things since we all had not learned yet and we had a bunch of new students since some schools were still closed. During this year masks were mandatory and we had to wear them. The only time we could take them off was when we wanted a drink/eat or put chapstick on. I remember when me and a few other students brought chapsticks to school and would put a bunch on just so we could take the masks off. In sixth grade our class was insane but very fun. I remember when the guys in our class would pull peoples chairs from under them and would take chelsey's water bottle. They would also often buy baby bottle pops from the school store and sniff them. They would do it so much to the point where they weren't allowed to buy them at the school anymore



and Mr Vona had to tell them about nose maggots and showed them what happens when you get them. When we took state tests, two people had tapped out of them and they were allowed to be in the back of the homeroom while we took the test as long as they were quiet. So, when they were in the back of the room and they started throwing pencils and the balcony door was open and they one of the pencils landed on the balcony and made a loud sound and the guys hadn't realized that Mr Vona was looking and he started yelling at them and the third grade teacher had walked and told Mr v how they interrupted her class. The guys had been sent to the office and they didn't come back until after the test. Before we knew it the last day of school came and everyone was happy but sad because we knew we wouldn't see a lot of the new students again because they were transferring to other schools that offered better opportunities for them. Seventh Grade was when everything had become more normal and we were all changing more and more both physically and mentally.



Seventh grade was probably the most basic year. If I'm being honest I don't remember anything except for me slapping mckenzie as a joke the first day she came to this school. I also remember when Abby would go around taking flags from the rooms.

Eighth Grade was the most fun grade. I will miss most of my classmates. The memories I have made in this school are everlasting I've gone to a bunch of the girls games, I've been tackled in Spanish. A lot has happened this year, good and bad. It was probably the most traumatic year but it was probably the most fun too. This school has a lot of my childhood memories, the good, the bad, the dark. But no matter what that doesn't change the fact that our class is like a big group of siblings. We all act and argue like family.

Our class has over all evolved so much we have all changed in so many different ways. Whether it be physically or emotionally. This year two new students joined our class (Ava and Cesar). Even though they just joined our class this year they fit right in. Cesar has interrupted our classes so many times with Dylan from moaning to blasting music with their speaker. We have experienced it all. Ava has given so many side eyes to miss moure and can't been next to me when we can't be serious to the point we're our best picture together is our gymnastics ones on the church. This school has affected us all in so many ways. I will deploy miss this place. I'll even miss how the school temperature changed every two days or how the Spanish room made your eyes burn from the smell. I'll even miss skipping class to anonymous classrooms yet somehow still knowing a lot and, finally, graduating from NCCS.



# My Life at N.C.C.S

By Isabella Buckley

I have been at NCCS pretty much my whole life and this school is all I've really known growing up. I came to this school when I was about four or five years old in Pre-K4, so to think I made it all the way to 8th grade is crazy. I have grown up mostly with the same friends I have now. We have always had a smaller class compared to others, with new friends coming and going, but we make it work. I've known Chelsey and Dylan the longest, which are some of my closest friends, until Khloe, Sophia, Kenzie, and Ava joined our class in the later years. Our class has always been so close with one another and we always find something to laugh about, even when we aren't supposed to.



Sports and musicals were big things I participated in during my NCCS years. The sports I still play are volleyball, basketball, and softball, but I quit track a while ago after my first season. I skipped volleyball for my 7th grade year, but came back to it this year. For my 8th grade year, we made it to the Diocesan Championship game and lost the final game, but it was the farthest the NCCS volleyball team has made it in recent years. During basketball season in 7th grade, we

won the Diocese B Division Championship with an undefeated record and brought home NCCS' first girls varsity championship. I received a trophy in the Noto-Smith Tournament. I also skipped softball in 7th grade but I am playing this year for my last year. We made it to the Playoffs with an undefeated record.

The biggest change for me started when I was in 4th grade. This was the first year my homeroom was on the third floor and we had to switch classrooms for some classes. In fourth grade, Miss Sullivan was our homeroom teacher. Some of the most memorable things that I can recall had to be our brain breaks on GoNoodle, our creative writing pieces about what we thought lived in the hole in the floor, our Waldameer class field trip, and more.

5th grade was the year that we became 'prep schoolers.' This was the year we had all new teachers for each of our classes. Our homeroom teacher was Miss Mourer for most of the year until COVID hit. That was by far the hardest year I've had while at NCCS. Math was the hardest subject to focus on because we only had Zoom classes in

the mornings to go over lessons. All of our work was switched to online and we stayed home for the rest of the year. This year was the first year we were going to put on Lion King Jr. The school had to shut down as a result of COVID the weekend of the show, so we were never able to perform.

6th grade was by far the most enjoyable year for my class and I. It was our first time back at school since COVID hit and we had to wear masks all day. We welcomed a few new students, Shelby, Pauly, AJ, and Gabby and we all became very close with them. One of the memories that we always laugh at is when Pauly and AJ were sitting in the back of the room while everyone else was state testing. We all just remember them chucking markers out of the fire escape until Mr. Ludwig caught them. Other memories were when we had a timer set up on the board and we all forgot it was on so when it went off, Shelby and I ran down the stairs thinking it was a fire drill and also when we went to the pier together and got pizza, ice cream, went fishing, and more.

In 7th grade, all four of the new students that came the previous year left. This was the year we won the basketball championship with a perfect season. The softball team also won the championship that year. 7th grade was when Kenzie joined our class. This was the year that we finally performed Lion King Jr after attempting to put the show on for three years. We also performed Shrek Jr. towards the end of the year.

And now, finally, I am in 8th grade. This year, Ava and Cesar joined our class. We are currently headed to Playoffs in softball and possibly Championships. We made it to the last game of the Playoffs for volleyball but lost in the end. We performed both Matilda Jr. and Into the Wood and sang in our last NCCS concerts. We just received our ribbons and we are now ready to graduate.

Having this year be my last with all the same friends and teachers is bittersweet. I am excited for high school and to meet new people, but I can't imagine not being around the same friends and teachers I've always known. I'll miss everyone, of course, but I'm excited to experience new things in the years to come. It feels like just yesterday I walked into the Pre-K4 classroom for the first time and now I'm about to officially graduate from the school I've known my whole life.



# My Life At NCCS

## Sophia Burrows

I first came to NCCS in kindergarten after I went to CCA for PrK3 and PrK4. On my first day of Kindergarten most of the class had already been there the year before so I stayed by myself, until Avery walked in and we became friends. Later in the year because our class was so small we were all very close friends. Through the years our class started to shrink, but my closest friends Bella, Chelsey, Dylan, and Avery stayed through the years. Our class was never the biggest but it wasn't too small either. Over the years we had people come for 1 year and then leave, we also had people from earlier grades come back for 1 year but leave again.

When our class finally had a decent sized class, Covid Hit. At first we all thought we would only be home for 2 weeks, but then it got changed to a month and then before we knew it we had online school for the rest of the year. Covid changed a lot in school, for instance we had to wear masks and we couldn't have a lot of interaction with each other, but it was ok because many schools were still online. That year we had 3 new people come to join our class for a year, but after schools were back open they left. In seventh grade Mckenzie came to the school and she is still here today.



Mckenzie and I became close friends the first few weeks she was here. Then we drifted apart a bit but we are still very close friends today. In the seventh grade Mr. Howard was our home room teacher. At the beginning of the year he was a bit strict, but as the year went on he was a very fun teacher.

In 8th Grade Ava and Cecar came to the school, our final 2 to join the class. Now in our class we have 12 people in our class. Only 5 of us stayed throughout the years, that being Dylan, Chelsey, Avery, Bella, and I. Our class has always been a bit smaller but that was ok because we are all so close that we are basically family. When I leave this school at the end of the year I am going to miss our class and all the memories we've made since



Kindergarten. I am also going to miss all the teachers here that have helped me so much throughout the years.

Since the 5th grade I have always loved school sports, and the musicals we perform here. Since the 5th grade I have done Volleyball, Softball, Baseball, Cross Country, Track, and Basketball. My favorite sport I have played here would be Softball because I have always been a good player and Softball is very fun for me. I have performed in 5 musicals including, Madagascar, The Lion King, Shrek, Matilda, and Into The Woods. My favorite Musical I have done here would be Shrek or The Lion King because of the fun dances and the overall fun I had



during the process of the Musical. I don't think I would've gotten into theater and singing until our new Music Teacher Miss Janie took over music. She made me feel talented and like I could do anything. Miss Janie made the Musical process so fun and throughout the 4 musicals she has directed with us I have become closer with so many people from other grades, that I probably wouldn't have even ever acknowledged them.

When I go to highschool I hope to have a great experience there like I did here. I hope me and Bella stay close because we are the only ones going to Fredonia High School. I hope to play Volleyball and Softball in High School because those are my 2 favorite sports. When I get into highschool I hope I can make friends easily and have a good relationship with them. I hope to have really good grades all throughout highschool so I can get into a good college. When

I graduate high school I hope I go to college for either a Doctor or a Teacher. I hope to become a surgeon one day or a really great teacher.

I am going to miss all my friends here and all the memories my friends and I have made. NCCS has been a big part of my life and I'm very sad to leave it all behind. I will miss all of the teachers because they have helped me become who I am today and for that I am very thankful. I am always going to remember NCCS when I'm in highschool, and I will try to come back and visit. So for now Goodbye NCCS.



# Dylan Ott -- My Experience at NCCS

Hi. My name is Dylan Ott and I've attended NCCS since I was a wee little lad. I grew up every year with my friends Isabella and Chelsey until we went to kindergarten when Sophia and Avery joined us. We didn't have anyone new until Khloe joined us in 2nd grade then Sienna, Joseph, and Cassidy joined us in 4th grade and in 7th Mckenzie joined us. And finally in 8th grade Cesar and Ava joined us. We have a relatively small class with 12 kids where we are all very close with each other, and there's never a dull moment with each other. I've known Chelsey since we were born. We grew up every year together and now here we are about to head into highschool We both can't believe how fast time has passed.



In 5th grade Covid hit and we had to go virtual, which was the worst time of my life. I stopped doing school work and got very behind. I waited till the last minute to get all my work done and I got very stressed out trying to get piles of homework done.

At NCCS I feel like I could've done better in some of my Classes but overall you could say I was always a middle class student. Some classes I always did better in were Science and Ela. I would always have little struggles in math. I'm starting to get better at it but I'm still not the greatest. In my future I think I will be prepared to take on highschool and whatever else comes upon me even if my teachers think I may struggle. As I go through high school I want to learn more advanced math and science classes.

Throughout the time of my prep school years I struggled being able to flip the switch, knowing when it was the right time to have fun and be serious. The Music teacher here Ms. Janie helped me through this school year. One day she told me something "you have all the potential in the world and you're putting it to waste" something I will never forget.

My goal in life is to go to Vanderbilt to play baseball, something I've wanted to do for my whole life. If that weren't to work my second option would be becoming a private investigator for the FBI. My reason for wanting to become an FBI agent is because I always love watching this show called FBI and FBI most wanted. It seems dangerous and risky but it's something I'm willing to do. FBI agents uphold the law, defend civil rights, and protect innocent people. They investigate horrible things, take down organized crime, and investigate terrorists.







Through my years at NCCS Some sports I have participated in are Basketball and Baseball. When I was in 6th grade me and Pauly Tabone were moved up to Varsity. My 7th grade year there weren't enough boys to have a team for baseball or basketball. Then in my 8th grade year we had a varsity Basketball team. For our baseball team this year we wouldn't have had enough If it wasn't for 3 girls that stepped up and played with us.

I Have also participated in Musicals. I was In 5 musicals: Madagascar, Lion king, Shrek, Matilda, and Into the woods. I never thought I would enjoy theater until our new music teacher came in and changed our whole music program. Even though we don't have the best stage here we always make it work.

I have 2 quotes I like to go by. One of them is: "The moment you give up is the moment you let someone else win" -

Kobe Bryant. He inspires me because throughout his career, he used whatever challenges that were put in front of him in order to get better. He would never take no for an answer, and would never allow himself to take shortcuts. In the end, Kobe always wanted to be better and never gave up. He had 5 characteristics of mamba mentality: Passion, Obsession, Relentless, Resiliency, Fearlessness.

My other quote I like to go by is: "If nobody will help you, do it alone! There is no 'I' in Team, but there is 'I' in Win" - Michael Jordan. He inspires me because he went on to become extremely successful in business as well as he was on the court. Part of the reason for his succession in all aspects of life is that he applies his winning mindset to everything he does in life. He takes the learnings from the basketball court and applies them to life in general.

This a lyric from the song Man in the Mirror "I'm gonna make a change, for once in my life". - Michael Jackson. That lyric makes me want to change my overall aspect of how I act. Michael Jackson was a performer that paved paths for the pop stars of today. In his early years he was physically and emotionally abused by their father. He was whipped and his father called him racial slurs. In his later years he demolished what the stereotypical performer was supposed to be. He inspired people to want to be better because we have the power to be. He has said that his childhood was taken away from him so that's why he wanted to become inspirational. This is my final Goodbye NCCS.



# Monarch Chronicle Reflection/Deflection Piece

## By Avery Green

I first joined N.C.C.S. when I was in kindergarten. The people that are still in my class from kindergarten are Sophia, Isabella, Chelsey, Sienna, and Dylan. Even though Sienna did come and go during kindergarten. In 2nd grade is when Khloe joined our class. In 4th grade is when Sienna came back and we got 2 new students, Cassidy and Joseph. In 7th grade is when McKenzie joined our class. In 8th grade is when Ava and Cesar joined our class. Some sports I did at N.C.C.S. are Basketball, Softball, and Volleyball.



Some of my career goals are becoming a Detective or becoming a Hematologist. Some of my travel goals are to go to the United Kingdom because it looks like a nice place to travel to. I would also like to travel to Romania.

The reason I want to become a Detective is because they conduct criminal and special investigations. They also seek out information and research the circumstances of a situation to solve crimes or uncover details about a civil matter. Their duties include examining evidence, questioning suspects of a crime and performing

background checks. I love investigating things and trying to figure out things with my parents. We got a board game and tried figuring out a murder case. Some skills that are important to become a Detective are problem solving, critical thinking, written or oral communication, attention to detail, and understanding human behavior and psychology. I believe that I have these skills to become a Detective.

The reason I want to become a Hematologist is because they research, diagnose, and treat various blood disorders. Including anemia, blood clots, bleeding disorders, and blood cancers. I think it would be fun to study and research about blood because it runs through our entire body, in our organs and tissues.

The reason I would want to travel to the United Kingdom is because I think it would be a fun place to travel to. I would like to visit all the tourist attractions such as some of the museums they have. The reason I would want to visit Romania is because it seems like a nice place to visit. I would like to visit “The Large Square” in Sibiu, Romania.

I also really like horror movies! Some of my favorite horror movies are “Cabin in the Woods”, “MIDSOMMAR”, “Hereditary”, “Ready Or Not”, and “Sinister”. I have been watching horror movies or horror related stuff since I was 3 years old. I love horror movies because they are very fun to watch and it gives you a good scare.



# My Life at NCCS

## By McKenzie Cook

I didn't come to NCCS until i failed at Silver Creek Central School, mainly because i didn't go to school at silver creek during 7th grade and after my parents found out i failed they sent me to NCCS and honestly in my opinion i think that's the best decision they have ever made for me. I was comfortable at silver creek so it was quite a change for me and as soon as i went to NCCS i didn't hang out with my friends from silver creek much. I was kind've popular at Silver Creek like everyone knew me but I wasn't friends with everyone. Last year at NCCS I was in seventh grade here at NCCS. I was and still am the older kid here. When I first walked into the classroom everyone stopped and stared at me. It could've been because of my blue hair or the fact that my sister walked me into the classroom but the first person to ever give me a welcome there was Sophia Burrows. She was my first friend here at NCCS. sophia made me feel welcomed more than anyone else but we started to drift apart when i became friends with Isabella Buckley , Khloe Munson, and Chelsey Tramuto but i kinda stopped going to school for a while cause things weren't the best at times stuff at home was



going on and i just felt very different from everyone

else and didn't want to go anymore and so i didn't. A while later it was around my birthday and I decided to go back to school and once I did it was like I never left but in a good way. Now i am friends with a lot more people than last year like my best friend Ava

Valone came

this year and if she didnt i don't know how things would have turned out but i don't wanna know but i am A lot closer to almost everyone in my class like chesley is also another one of my besties and so is bella, bella is the friend that i can talk to about anything and i love her so much, one of my favorite memories with bella is whenever we play volleyball in her room one time i grabbed the ball and threw it back at her and before i could even look up she spiked it right at my chest. Me and khloe are still getting somewhat closer i guess you could say. I used to get in alot of trouble before I came to NCCS but now I don't get into trouble like I used to and I'm grateful for that.



Honestly last year i didn't really try until the end of the year i never got the math we were learning until they split up the 8th grade math class which was honestly the best thing ever



i understand almost everything were learning now and my grades are pretty good im still having a little trouble learning the spanish but i'll get there, hopefully.

Last year i was on the NCCS girls varsity volleyball team and honestly i wasn't that good if you ask me but we made it to playoffs but we lost the first round, but this year i played again and i was a lot better than last year and this year we made it to championships but we lost which is okay cause our volleyball team grew more then ever and that's all i could ask for. Last year I was also on the NCCS varsity girls softball team and once again I wasn't very good at it. I didn't understand it that well but we did make it to championships and we did win. We were undefeated that season. This year I'm playing softball again and I'm a little better than last year



but I still absolutely suck at bunting which is fine cause I don't like it anyway. I was on the Varsity girls basketball team this year but i quit halfway through i wish i didn't but i had to and some may not know why but around that time i had a lot of family stuff going on and my mental health got bad and i started having panic attacks almost every night so my mom made me quit basketball because something had to go to relive some of the stress off of my shoulders. Last year I wasn't really a musical type of person like I did not sing or anything. I was into the woods this year but I only had one line and I

really only helped people with their stage makeup. I also wasn't in the christmas concert i don't remember why but i wasn't however i am in the spring concert this year and i'm singing a whole song somewhat by myself but bella, ava, and landon warrens has a part in it and i am glad i get to sing it with them i honestly think Ms. Janie couldn't have picked anyone better to sing in the song with me.

A memory that will go on with me forever is probably one where I first met everyone and thinking about how I'm probably never going to become friends with a bunch of preppy kids. Another one could be where it was the peg smith tournament and me, bella, khloe, dylan, sophia, and landon warrens were all running the school store and we almost died well not technically but this old lady came into the school and was like give me your phones and when she came in me and landon warrens fell behind the counter and everyone was telling bella to close the door but she didn't.



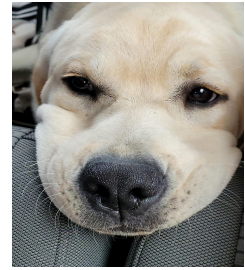
I'm honestly going to miss NCCS even if I haven't been here for that long. I'm going to miss the memories here and the people here.

# Cassidy Cataldo's Life at NCCS



I came to NCCS in 2018 in fourth grade. In fourth grade I played volleyball, and joined mission club. My teacher was Mrs. Lopez in this class. It was a small class of 8 people. There were projects in fourth grade like a project where we built either wigwams for longhouses. There was also another one where we drew parts of the human body, like the muscles and the skeleton. During halloween i was dressed up as a cat. We did an activity in the class where we were building things with candy corn and toothpicks. Before every test we would do a gonoodle video to help relax us before the test. We did most of

our classes with our homeroom teacher, except for religion, which we did with Ms. Mourer. At the end of the school year, there was a field trip to Waldameer.



There wasn't much that had happened in 5th grade since that was the year covid hit, so we had to do our work online. In 6th grade, there were 13 people in our class. Our homeroom teacher was Mr. Vona and we had about 8 different teachers. For a small field trip, we went to the boardwalk and got pizza. For this year's Halloween, I dressed as a scarecrow. During one of the state tests, Aj and Pauly were throwing markers down the fire escape. There was also another moment where the class had to present their current events and Sienna presented her current event with neon colors in the background, which were practically glowing. We had Mr.



Harris this year, and we had played games on a website called Jackbox and had also played a game called mafia. For seventh grade, our homeroom teacher was Mr.

Howard. There were 11 people in our class. My halloween costume for 7th grade was a ringmaster. I went to the Halloween party that year and got an award for most original costume. That year I did not go to the Valentines Day dance but I did go to the

spring dance. I went to Sienna's birthday party where we swam in her pool. The rest of 7th grade I do not remember. For this year, my homeroom is

Ms. Mourer's and it is a class of 12 now. For christmas, we did a secret santa math class, and i also did a both of these secret santas I got both the valentines day dance Mckenzie's birthday party. During cupcake frosting in each others were fun, there wasn't much I



exchange in my separate one with other people. For the same person. This year i attended and the Spring dance. I also went to her party, almost everyone was shoving face. Overall my four years at NCCS disliked about it. My favorite classes

were art and science. My least favorite were spanish and gym. The school lunches also weren't my favorite. I hope that at my next school i will have as great of an experience as i did here.





# Khloe Munson -- My Time at NCCS



I first started at NCCS in second grade when I was seven years old. Now I am currently going to be graduating eighth grade. My first teacher at NCCS was Miss Krangle who retired last year. In third grade I had Miss Hamlet as a teacher. That year we did a lot of meditation and a science unit where we got to have live butterflies and tadpoles. In fourth grade my teacher was Miss Sullivan, we did a lot of go noodle. Starting that school year our classroom was located on the second floor, then as the school year progressed we moved classrooms to the third floor. In fifth grade I entered prep

school and my first home room teacher was Miss Mourer. In sixth grade I had Mr. Vona. Sixth grade was my favorite year because we would go outside and play games, we went to the pier with Mr. Vona, and overall we had the most amazing group of kids in the class. For seventh grade I had Mr Howard and that was a blast, we would watch movies and play squid games outside. Eighth grade I had Miss Mourer, we elected class president, made a school store, and raised enough money for our class trip to Six Flags.

Growing up I was always told I was fast so in seventh grade I joined the track team. The team was joined by Coach Fogerty, the old gym teacher. I had joined the team toward the end of the season due to dance practices. In my time on track I have had many accomplishments. My goal was to break the NCCS girls' fastest time for the 75 meter sprints. Last year I had tied the record with a time of 10.4 but had never beat it. In eighth grade during the track season at a meet at Saint Francis Track I broke the record with a time of 10.3. Another sport I took part in is volleyball, we made it to the championships and came in second. Basketball season we didn't make it to the playoffs but I enjoyed playing. Softball season which I am in currently, is doing well, we are the number one seed and are undefeated.

At NCCS I took part in chorus christmas and spring concerts. I also did musicals. My first musical was Madagascar Jr. which I did in fourth grade. My next musical was Lion King Jr. which took 2 years to finally put on. In my eighth grade year I participated in the musicals Matilda Jr. and Into the Woods. Overall it was a fun experience and I got to grow a deeper connection with my friends.

This school year is finally coming to an end and even though it will be sad leaving, I get to leave knowing that I had many amazing friends and teachers. Next year I am attending Dunkirk High School with some of my closest friends. I am going to miss my class because we are all just like a small family who care about each other even though we might not always act it. NCCS is more than a school, it's a home, being surrounded by people who care about each other and are willing to do whatever it takes to help you succeed.



# My NCCS Experience

By Chelsey Tramuto

Ever since I was three years old I have been attending N.C.C.S. When I first got here it was shocking because there were only 2 other kids in my Pre-k 3 class, a boy and a girl. After a few weeks went by, the boy had gotten kicked out and then it was just me and a girl named Reese. We became best friends and even produced our own concert on stage in front of quite a few people. We would also go outside, sit in the grass, and have picnics together with our teacher.

The following year was when we started getting more and more people in our class. We had about 20 people in our class by Pre-k 4. In Pre-k 4, we would sit on the carpet and go over the alphabet, have story times, and take naps.

Kindergarten was when my class started getting more interesting. We started learning more, getting more new kids, and I was also chosen to crown Mary at the May crowning assembly. I also got "jitter glitter" from my teacher to help me fall asleep at night before school.

In first grade, more and more people started to leave to the point where my parents were worried the school wouldn't stay open for much longer. I remember in first grade how I would always be the last person done with all of my work because I was a perfectionist with my handwriting. In fact, everyone else would yell at me to hurry up when we took tests because I was the only thing holding us back from going outside on the playground. Also, this year I went to my first dance. It was a father daughter dance.

In second grade, I had a strict teacher who was a perfectionist, like me. She would make us learn cursive and if one thing was just a little off, we would have to rewrite the word/letter. She also taught us how to count money and did science experiments with us. I remember this one science experiment where we emptied cans of tomato soup into a cup and covered it. We let it sit there for about a week or so and we had to write about what we thought would happen to it. When we uncovered it weeks later we were all amazed because it had all turned into mold. We would also have tests where we would stand up and face the opposite way of the clock and after exactly three minutes, we would have to sit down and whoever sat down the closest to three minutes would win the contest.

In third grade I loved my teacher, Ms. Hamlet. We would go outside just about every day and even have little yoga classes. We had gotten snails and minnows for science. Even though third grade was one of my favorite grades, there were a few bad things that happened. One day, we had a lockdown and my whole class and I had to sit in a closet for



about 2 hours while none of us or our teacher knew what was going on.

In the summer before fourth grade, no one could even tell if our school was going to be open any longer. Though it found a way to stay open, this made a lot of parents unsure of sending their kid back to the school. This resulted in only half of the class staying at the school. This was also the year I started all of my school sports. It was my first time ever playing basketball and volleyball. I also played softball for my school but I've been playing that since T-ball. I continued to play all three sports through eighth grade.

In fifth grade, was when I started prep school. At first, I was very nervous because everything was so new to me but after just a few days, I got used to it. In the middle of fifth grade was when covid hit. No one was allowed to come to school and if we did, it was only to go pick up or drop off schoolwork. It was very difficult doing all of the work from home because if I didn't understand something I didn't have a teacher to ask.

In sixth grade, we got a lot of new kids in our school because we were one of the only schools actually open. Every other school was still doing remote learning due to covid. In our sixth grade class, we got two new boys and two new girls. Because of this, sixth grade was very fun and I have a lot of interesting and funny memories from it.

In seventh grade, all of the kids that joined our class in the previous year had left. Even though this was unfortunate, we did get a wonderful, new music teacher after having quite a few different ones come in and out of the school in the past couple of years. Her name was Ms. Janie and with her being our new teacher, we could finally produce amazing concerts and musicals. We even started doing two musicals a year which was big for us considering we couldn't even figure out how to produce one for a few years. Our two musicals of seventh grade went great and the parents were shocked at how well we did in them. The shows were Lion King and Shrek. My team also won the championship for basketball and softball.



In eighth grade, I did the musicals Matilda and Into The Woods. We also had bake sales, football pools, and made things like bracelets to sell to make money for our class trip at the end of the year. For basketball, we even had the Fredonia College basketball girls come and practice with us. We also did a lot of reflecting on the past years and all of the good memories we had.



# MY ONE YEAR AT NCCS

## BY AVA VALONE

I came to NCCS this year after being at my old school, St Als in Springville for 8 years. At first I didn't think that I would like it here but my mind changed as I made some really great friends. When I came into the school the first day I was really worried because I was coming into the school brand new not knowing anyone but, once I stepped into the gym I met Kenzie, Avery and Joseph. At the assembly I had finally met my whole class and didn't really talk to anyone else except the mckenzie the first day. I have my niece in



first grade, my other niece in 5th grade, my sister in 3rd grade, and brother in kindergarten. My niece, Grace who's in first grade has the teacher Miss Bacon and I have really connected with her this year and really grew close to her. Miss Bacon helped me through this whole year and was the one person I could go and talk to when I needed it the most. She is one of the many women that I look up to in this school and is always going to be a positive figure in my life. Another woman who really helped me this year was Miss Marsh, she was always there when I

needed someone to talk to and was like my school mom. She has always thought about what was best for me and always puts others before her and thinks about their feelings. I don't know what I'm going to do without Bacon and Miss Marsh next year because they are both so dear to my heart. As I had been going to school here for about two more weeks I had finally formed some more great friendships with Isabella, Chelsey, Sienna, Cesar, Sophia, and Cassidy. Not only did I have friendship in 8th but also some great friends in 7th grade like Julia, Jenna, Maggie, Hannah, and Elena. Those are just a few of the many bonds I formed at NCCS this year. Another woman that really impacted me this year was Miss Janie. Miss Janie helped me grow in a way no other teacher could do. She was always there when I needed to take a break or needed to calm down. I know that even after I leave this school Miss Janie will always have my best interest at heart.



This year I had a chance to grow and learn a lot of new things from some of the amazing teachers here. At my old school I did not have as many experiences and chances as I did at this school. I will always remember the things I got taught here and the important life lessons that will stay with me and help me my whole life.

At NCCS I had many extracurricular activities. I had done the musicals Matilda and Into The Woods. I would have never been able to have those experiences if it wasn't for miss Janie, I was in volleyball practice ( which i quit) and she pulled me out of it, to make me audition for Matilda. I had gotten the role of Miss Trunchbull, and I loved every minute of it. In my opinion me and Sophia had the best duo for miss honey and miss trunchbull, but bella and joseph did an amazing job.

I was also in the musical Into the Woods, I played the Baker's wife. My favorite part of that musical was that after i got to sing my own song i got to fall off a cliff and die. The musicals were a great experience in my life and i will always thank miss Janie for forcing me to try out. I also had joined softball for Nccs. This year was my first year playing softball and it was a great decision I really enjoy it and hope I get better and can play it throughout high school. I also had many great coaches that helped me this year and made all of this possible.

I had a lot of great memories this year at NCCS on of them has to be when we all had a Bonfire at Sophia's house. We played wiffle ball and hide and go seek in the dark. Then we sat around the campfire and made s'mores. This memory I will always remember because I got poison oak from her house.



Another great memory was Kenzie's birthday party. Me, Kenzie, Bella, Cassidy, Chelsey, Khloe, and Sophia were all there we had a cupcake war and then went bowling, I had a great time making new memories that I will remember forever.





# Joseph Sekuterski's NCCS Reflection Piece

I first joined NCCS in 4th grade. In the 4 years here I was in 5 musicals and also I was in the Mission Club. My first Musical was in 4th grade. It was Madagascar J.R and I got an ensemble where I was a Lemur and a New Yorker. My 2nd and 3rd Musicals were in 7th grade. I was in the Lion King and Shrek. In the Lion King I got ensemble where I got to be a Giraffe, Grass, Hyena, and a Buzzard. In Shrek I got Papa Bear. Next my 4th and 5th Musicals we did Matilda and Into the Woods. In Matilda I got my first lead as Miss Trunchbull and in Into The Woods I was the Narrator. I am very happy I got the chance to join so many musicals at NCCS.



In 7th Grade I got to join the Mission Club where we made our own cards and sent food to the poor. In the future I will be attending Dunkirk High School and going to college. I would like to become a Teuthologist or the study of cephalopods (Octopus, Squid, Cuttlefish, Nautilus). A Teuthologist job is to study medical, veterinary, agricultural applications and also the diseases of certain species like schistosomiasis. Some other things are the evolution of nautilus and their shells, the climate they live in, the biota of

the area, and usage of sight. Some methods of teuthology are collecting, documenting, and archiving molecular techniques.

I'd also like to travel to all 197 countries of the world like Kazakhstan, Belarus and the Ukraine. I want to visit Kazakhstan to see the beautiful Caspian Sea, the deepest sea in the world and the cities of Nur-Sultan and Almaty. I'd also like to hike the Altai Mountains of Eastern Kazakhstan, the partly dried up Aral Sea and the half saltwater half freshwater Lake Balkhash. I'd like to go to Belarus to the Dudutki Museum showing the history of Belarus when it was part of the Union Of Soviet Socialist Republics. Mir Castle is one of the oldest castles in the world. And Belaviezskaja pusca national park with local wildlife and covers 85% of Belarus ( about the size of the U.S. state of Kansas).

Lastly, I want to visit The Ukraine to see the Black Sea home to some of the best beaches and food. St. Sophia's Cathedral is one of the biggest Cathedrals in the world and one of the prettiest. The Kiev Pechersk is the capital building of The Ukraine where the President Volodymyr Zelenskyy is and regarded as one of the best capitol buildings made with real gold domes. The Ukrainian Motherland Monument due to The Ukraine given the nickname "mother Ukraine" and representing the time where Ukraine got its independence from the Union Of Soviet Socialist Republics on August 24, 1991



Overall I was glad to be at NCCS more than any other school because I got to experience great things and hope to build on these things in the future.

# *My first and last year at NCCS*

*Cesar Williams*

When I moved from Hamburg to perrysburg I came to NCCS summer 2022. Cause i needed summer school in order to go to my regular grade which is 8th. The first time I toured this school I kinda liked it. I felt comfortable like I felt at home. Everyone was welcoming and just comfortable to be around. But at that moment i wasnt coming to school for school i was coming to school to play and act like that guy and i was just free i was doing way much and stuff i was doing outside of school started coming into school as i was posting and trustfully telling people what i was doing and my grades and attitude started falling tremendously i didn't care about school at all until basketball season came around and then i realized that my grades and attitude were a big impact on if i started or had any game time at all so that meant i had to get back on track and teachers and friends made that happen for me i didn't like any help cuz i dont like asking people for stuff im very independent and i thought i was older than what i really was .



Now that was in the past but my favorite moment at NCCS is probably my last game of the year to make it to playoffs we lost but it was so intense and just fun overall it was good to have one last chance to play with my team. dylan ott was a big part of my year at NCCS he made me feel comfortable and introduced me to people that i call my friends or next year Acquaintances he is my homie now and even if i go to a different highschool i would still reach out and try to hang out and chill.

***NCCS 2023 Graduates -- Good Luck in Your Next Journey!***

# Free Writers!

## *Bunny*

*By MiaLynn Venable*

*Bunnies are cute and fluffy.  
They are tempting to touch and play with.  
But some bunnies don't want to be touched or held.  
Some bunnies like to have their peace just like we  
like to have our peace.  
While other bunnies may like to be touched and be  
held or have someone to play with.  
Bunnies love and need a lot of attention.  
But most of all if you like bunnies or have one i'm  
sure you would understand.  
Bunnies love having a ton of attention.  
Make sure if the bunny is okay with being played  
with or held.*

## *Turtles*

*By Emma DuBois*

*This is my turtle  
He lives in a shell  
He likes his home very well  
He pokes his head out  
When he wants to eat  
And pulls it back  
When he wants to sleep*

*Lemonade Love  
By Sophia Starks*

*You need love that is very open and clear,  
If you were mine I'd love you every day of the year.  
Together we would grow old and our light starts to  
fade,  
We'd just sit in the sun and talk as we drink lemonade.*

## *Childhood Memories!*

*By MiaLynn Venable*

*Childhood Memories are something you can  
hold on forever.  
When you're feeling sad or angry, here's a tip.  
Think of something that was an amazing  
Childhood Memory.  
Like that first time you rode a bike, or got your  
first car.  
Or maybe had your first sleepover.  
Or just remember something that made you  
happy.  
Childhood Memories can be sad, traumatizing,  
or even very scary.  
But just as long as you find that piece of  
happiness, joy, or excitement.*

## *Luna*

*By Sophia Starks*

Hi. I'm Rue and let me tell you about how I met my friend Luna. First things first how we met, we met in Italy on a nice sunny day. I saw her, she ran up to a tree, smacked into it, and then climbed up it. I knew we were gonna be best friends. So I slowly walked over to her with her long black hair swaying in the breeze. "Hi I'm Rue." I said soft and slow so as not to scare her, she looked down at me from the branch she laid upon she almost didn't spot me because I'm so short but once she did she yelled down to me "Hello there little guy, I'm Luna, I'll be down in a second." Then my heart stopped because her way of getting down **WAS TO JUMP!** She

jumped down from like ten feet in the air and she scared the life out of me! But when she hit the ground there wasn't a scratch on her somehow. After that whole fiasco her and I decided to take a walk and we went to the beach and boy oh boy did she love to swim we swam for hours and when we got tired I found us something to eat while she found us somewhere to sleep but we didn't end up sleeping anyway we stayed up all night talking about life and we perfectly understood each other even though we were completely different.

After a while we became friends and snuck on a ship to move to new orleans in a small spot right next to a busy street so we could watch all of the people and cars go by and the place was perfect for Luna to climb walls of tall building and I could go and sit in small corners and blend in perfectly it's almost like they thought I was just a rock. After some time of living there together we were up on the balcony. It took me forever to get up the stairs to it and as we watching a madigra parade she asked me if I wanted best friends and I immediately yelled out YES! So she could hear me over the music not releasing the music had stopped so I looked at her thinking it would be super embarrassing but instead she laughed and said "Wow you must really want to be best friends." So from that day on were still best friends living together in New Orleans. After some time there we realized that everyone acts like we're not there except our nutty neighbor Gareld who

lives in the tree on the street outside the house, he's really annoying and loud plus he's always collecting nuts to eat. But the worst part is the very second the sun is rising he is to and he runs around his tree then swings and climbs all over it and no matter how many times we tell him to stop he just yells "Oh are you guys here to ask me about my day was yesterday" and then just goes on and on and won't stop.

Here's my favorite photo of us. It's the one where she is hugging me looking back at where we met. We went on a trip back there for a week. Gosh, it was hard getting on that ship.

## **Music**

**By Michelle Fuglewicz**

**Music fills the empty void with sound.**

**Music make us dance around.**

**Music gives us joy in our heart.**

**Music adds happiness to our day.**

## **Alien invasion**

By Mikaela Sciarrino

Many people like to tell long tales of aliens and other- worldly creatures. Some believe them, while others don't. I fall right in the middle. There's so many more galaxies out there with chances! But if I was being realistic, we would have found them by now. Thinking about aliens hurts my brian. All that smart stuff

is not for me. I was so caught up in my thoughts that I didn't even notice my boss walking up to me with an angry face. He tapped my shoulder fiercely and sighed.

"Miss. Eliane, this is the 8th time you've been daydreaming! You need to prepare for your moonwalk! He yelled in a snarky tone.

"Sir I know! You told us to take it easy and rest!" I shouted back at him.

He looked at me dead in my eyes, full of anger, and stormed away. Sometimes he reminds me of a puppet. And sometimes I want to strangle that puppet. But working at NASA isn't easy. We always have to be ahead of schedule and on task. Me being the leader of this moon walk, I have to be "Better than everyone" apparently. I mean, we're all going on this moonwalk, so what's the point? If you really want to be better than someone, in my opinion, you have to really try but that's not my style . I guess I'm lucky with most things, being naturally talented. But this moonwalk is really scaring me. What if something happens to the engine? What if we get abducted? Just like that my alien day dreaming came back.

*The next day...*

Today was my flight to moonwalk. It was time to prove myself once and for all that aliens don't exist and never will. I took a deep breath and closed my eyes, still having hope to see one. It would be awesome! I would be famous! I could write reports, maybe even take a little specimen evidence! But that will never

happen, I reminded myself. No such thing. I mentally slapped my head.

Getting into my suit was easy while saying my farewells, was not. I had cried too much after seeing my mother, terrified for me, and my dad, he was just a mess. Creating a fuss about how dangerous this was. But I gave them a long hug and set off towards the rocket, ready to fly.

Once I was on the ship, I made sure everything was set. Of course it was. I had been ready for this and fixing the controls for days. Scoffing at my ignorance I remembered that if it weren't for me, this trip would not be happening. My copilots were bright, but not the brightest bulb in the box. The pressure seemed to have been turned up, as if we were climbing a giant mountain and my head was going to explode. Between my wondering of alien existence and my continuous railroad thoughts of if this flight will go well.

When the rocket took off, I wanted to scream so badly. I felt my nerves work against me and my brain think as if I was going to die. Suddenly panic settled in. Is the rocket going too fast? Or is something messing with my control board. I looked at my mates. They seemed confused on why nothing was working. I remembered an emergency switch below my seat. I flipped it faster than lightning and when I turned my head towards the front I saw something beautiful.

Space. The never ending void. We cruised towards the moon for about



three days when something finally happened. I got an alert saying that something was coming towards our ship. It looked like debris. But when I looked through the window, nothing was there. Probably just a malfunction, they happen a lot. I waded towards the main controls. That's when our alarm sounded and we lost power.

I looked outside and there was a ship, a little smaller than ours. It looked like a saucer. I stepped towards the door and felt like I was being grabbed. The pull levitated me towards the ship, knocking my consciousness away.

Is this my end?

*Jesus*  
*By Mia Lynn*

*Jesus is the wonderful son of God who made us.*

*Jesus heals us when we are hurt.*

*Jesus hung on that cross for us.*

*Jesus Made us, created, this life that we have now,*

*He listens to our prayers.*

*When we pray Jesus tries so hard to make us happy and  
tries really hard to answers our prayers.*

## **ManiKai**

By Sophia Starks

Once there were many beautiful goddesses who ruled the world until one day an evil god named Ino attacked and defeated them, demanding that they surrender their arm bands -- the source of their powers.

However, just as the goddesses were about to hand over the arm bands, they suddenly threw them down to earth,

giving all their powers to Manikai, a human child so special and worthy of them, but who had no idea how to use them. They commanded their angel spirit Olu'olu to go to Earth to protect Manikai.

Without their powers the goddesses began to disappear. As their last act before vanishing, the goddesses bound Ino to the crystal that was around his neck. Once the child was grown, if she broke the crystal, Ino would be defeated and she would save the world from him. As they disappeared Ino yelled, "One day I'll come for my powers just you wait and see! The ground will rumble ten weeks before I come for them!"

Gradually, with the help of Olu'olu (who now disguised himself as a stuffed animal), Manikai realized some of the powers bestowed upon her. When Mani cried that night there was rain and thunder. When she laughed there were beautiful bright stars. When Mani grew up she went to school and made friends with eleven new girls. Mani and the eleven girls were such close friends. After school Mani would play with Olu'olu in the woods behind her house. She would practice her powers or listen to the teachings and wisdom of Olu'olu about her powers and how to use them, but Olu'olu never told her where her powers came from.

After a while, Mani grew up into a beautiful young lady, who had just graduated. Mani was sitting in the woods talking to Olu'olu when there was a ground shaking rumble. Olu'olu gasped and said "I need to tell you

something.” He then told her the story of how it all happened. That night, Olu’olu told her tomorrow they would begin her training as a superhero.

Mani trained every day for ten weeks. Each day the rumbles got louder until the big day came. Mani woke up to the loudest rumble. She grabbed Olu’olu and ran to the woods.

She waited under her favorite tree. As she waited, she worried what would happen, would she be too weak and fail?

Then the ground shook harder than ever before, splitting open with smoke pouring out. Suddenly a big, tall, scary man with an evil smirk on his face appeared out of the smoke. Mani realized that she was face to face with Ino. Ino, in his big, deep booming voice said “Just give me your powers so you won’t get hurt. Ino said. Then as Mani got ready to fight, she was suddenly lifted off the ground and was covered in a beam of light. Mani then floated back onto the ground. She had on a beautiful new outfit made of vines, now she was ready to fight.

Before the fight Ino put Olu’olu in a cage and said “Oh, you didn’t need Olu’olu since you’re so good at combat.” Mani fought with Olu’olu cheering her on. She was determined to win. She wasn’t about to let down the whole world. Then Ino and Mani’s powers collided in a large explosion and the two fell to the ground. Mani opened her eyes to find that Ino’s crystal had fallen into her hand. Mani stood up and Ino leaned up on his hands and yelled “No, please,

I beg of you! If you don’t I’ll give you anything in the world! Please! No!” “This ends here Ino.” Mani said. She then thought about her friends and how much she loved them. That gave her the strength to break the crystal using her powers. The faces of the goddesses appeared behind her. Mani threw the broken crystal at Ino. Ino looked up at her and in shock disappeared. The faces of the goddesses slowly faded away as the cage shattered. Olu’olu flew over and said “You did it Mani! You saved the world! The goddesses would be so proud of you and so am I!”

## ***Summer***

***By Faith phillips***

***Summer o summer,  
I hate to say goodbye,  
Summer or summer,  
must you end and why?  
When somethings must end,  
but why you old friend?  
For everything we see,  
we won’t give in,  
especially when this is the end.***

## **Fake friends**

**By Emily Hall**

**Friends**

**Yes, they can be such a joy  
And some are there till the end**

**But some will spoil  
Like Rotten milk  
And them my friends  
We call  
Fake friends**

**Don't you wish  
people could be like money  
Then you could hold em up to the sun  
Just so you could tell  
Which are fake and who is real**

## **Real friends**

**By Emily Hall**

**Best friends stick together till the end,  
They are like a straight line that will not bend.  
They trust each other forever.  
Dont matter if your apart,  
You're always together.  
They can be your hero and save the day,  
They will never leave your side; they are here to  
stay.  
They help you up when you fall,  
Your true friends are the best of all.**

## **Lost Girl**

By Sophia Kinslow

There is this girl named Lilly and she had a brother named Leo and they both had a mom and a dad. But one day there mom and dad got in a fight and there dad left the family and the dad got to choose a kid and the dad chose Leo and Lilly got her mom.

Few days past Lilly is 17 and her birthday is in a couple days. Lilly and her mom went to the store and she went to pick food her mom went somewhere else and when Lilly was done she went to go look for her mom and her mom was gone.

She went home and saw that her mom left. She doesn't know why she was so sad Lilly said "Dad had to take her." she went to look for her dad then she saw someone and she saw her brother she said "LEO! IS THAT YOU!" Leo said "Lilly, is that you?!" Lilly had found Leo in the woods and Leo was looking for Lilly. Lilly said " Do you know where mom is?" Leo said "Do you know where dad is?" then leo left when lilly turn around when lilly looked back leo was gone. Then Lilly realizes that she is lost.

Lilly said "I'M A LOST GIRL!" when Lilly went look around she saw something glowing. It was her mom who was gone, and her dad was there. Lilly follows her mom and her dad to where her mom stops. When Lilly woke up it was just a dream she was sleeping in her treehouse that she built when she

was lost. Lilly is now 18 when she was lost she forgot her Mom, Dad and Leo. Lilly went to get wood for a fire.

It was night time. When she went to sleep she had a dream about her mom, dad and Leo. When she woke up she saw a house. She went inside the house and saw someone she did not know how they are. ??? said "Lilly, it's your mom." ??? said "lilly it's your dad" ??? said "Lilly, it's your brother." Lilly said "I...I... I am happy to see you!" But when she was going to ask some questions they were gone. She has been thinking about her mom, dad and leo. When she was at her treehouse she could not sleep.

It was morning and she went to a store. The storekeeper asks some questions. The storekeeper asks

"Where are your parents and how old are you?" Lilly will say "I'm (lies) 24 and I live by myself." Storekeeper said "Well you look like you're 18 or like 17." Lilly said "Can I have some bread and milk?" The storekeeper gave her the food and drink. When Lilly walks out. the storekeeper said "Hey you need to pay for that!" But Lilly ran away. Lilly said to herself "I have to get a job but what job can i take?" "I could be a vet. I know alot about animals so I can be a vet." when Lilly went to the vet place it was close. So she waited for the next day. Time 2:30am Lilly said "hmmm ugh i can't sleep." Lilly went outside and went to the vet place and toke the job ten years later lilly found her parents and they live a happy life. The End

## Perspectives

### Benefits of Getting a Good Night's Sleep

By Delaney Cataldo

Getting a good night of sleep is more important than you might think. Adults are supposed to get up to 7-8 hours of sleep. Kids are supposed to get up to at least 10 hours of sleep. For example, it can help us live longer. It won't guarantee that we will live longer but it can Help. It can help men live up to 5 years longer than the usual life span. It can help women live up to 2 years longer.

Sleep can help fight heart diseases and cancer. This study was led by Dr.Frank. It's not always about how long you sleep but how well you sleep. Sleep can also calm down emotions. The way you sleep can affect your weight because higher levels of the hormone ghrelin, which increases appetite, and lower levels of the hormone leptin, which leads to feeling less full. This sets people up to gain weight

When you don't sleep as much as you're supposed to your body gets more stressed. There are 4 stages of sleep: Wake, light sleep. Deep sleep and REM. REM stands for Rapid Eye Movement. Rem is a very deep sleep. Rem plays an important role in dreaming, memory, emotional processing, and healthy brain development.

Over time, sleep deprivation can increase your risk for chronic diseases like diabetes, dementia, and possibly cancer. Lack of sleep can lead to brain fog, which often feels like confusion or trouble concentrating

## **Dogs Know Their Way Home Too**

**By Claire Dulak**

Almost everyone knows dogs are loyal companions that need a lot of attention and love. Dogs rely on people for food, water, and a home. But what some people don't know is that dogs are very smart creatures in their own way. This article is about one dog named Cooper, a golden retriever that recently walked 40 miles just to see his owner.

Cooper, a golden retriever, recently escaped his new owner and began a 40 mile journey back to his original home in Ireland. After about a month's worth of traveling he had made it home after being missing for 27 days as he walked north from Dungannon to his hometown of Tobermore . After Cooper was thrown into the dog pound by his family because they could no longer care for him. Cooper's days in a cage were done when he got a new owner and a new house. The charity organization *Lost Paws* (Northern Ireland) reported Cooper's instinct to always go back home. Happily, Cooper is now home with his owners.

## **Gold Medal Champion Nadia Comaneci**

**By Lilly Mancuso**

This is a biography of Nadia Comaneci. She was born November 12, 1976 she is 61 Years old. She was educated at Politehnica University in Bucharest With a degree in sports education that qualified her to coach athletics. She defected to the United States in 1989.

In 1996 she married a US gymnast Bart Conner, a Double gold medalist at the 1984 Olympics. Nadia Elana Comaneci Meats was born November 12th 1976 Onesty Romania. When Nadia was a young child she loved to be outside Climbing trees and swimming from branches. Bela Karolyi discovered her gymnastic ability when she was only 6 years old and Invited her to his gym.

Some of Nadia Comaneci's talents are gymnastics. She could make up different or teens And she was the first one to do an aerial back walkover over on the floor. Nadia married to Bart Conner and they had one child his name was Dylan Paul Conner. Something's Nadia Comaneci accomplished At the 1976 Olympics a 14-year-old Captured the minds and hearts of the world.

With her daring Perfection earning Seven perfect tens three gold medals one silver and one bronze. I learned that Nadia Comaneci loves gymnastics. She works so hard for him and she's very good at it. Another thing I learned about Nadia Comaneci is that she came to the United States and fled from the Roman. I also learned that now yeah was the first person to score a perfect 10. Her husband going a gold medal. She was the first ever Person to enter the Olympics that young. Nadia Comaneci was 14 when she entered the Olympics.

*He mounted the cherubim and flew; he soared on the wings of the wind. Psalm*

*18:10*



***On Eagles' Wings by Josh Groban***

*You who dwell in the shelter of the Lord  
Who abide in His shadow for life  
Say to the Lord, "My refuge, my rock in whom I trust!"  
And He will raise you up on eagles' wings  
Bear you on the breath of dawn  
Make you to shine like the sun  
And hold you in the palm of His hand  
The snare of the fowler will never capture you  
And famine will bring you no fear  
Under His wings your refuge, His faithfulness your shield  
And He will raise you up on eagles' wings  
Bear you on the breath of dawn  
Make you to shine like the sun  
And hold you in the palm of His hand  
You need not fear the terror of the night  
Nor the arrow that flies by day  
Though thousands fall about you, near you it shall not come  
And He will raise you up on eagles' wings  
Bear you on the breath of dawn  
Make you to shine like the sun  
And hold you in the palm of His hand  
For to His angels He's given a command  
To guard you in all of your ways  
Upon their hands they will bear you up  
Lest you dash your foot against a stone  
And He will raise you up on eagles' wings  
Bear you on the breath of dawn  
Make you to shine like the sun  
And hold you in the palm of His hand  
And hold you, hold you in the palm of His hand*



*Turn, Turn, Turn -- the Birds*

*To everything turn, turn, turn  
There is a season turn, turn, turn  
And a time to every purpose under Heaven  
A time to be born, a time to die  
A time to plant, a time to reap  
A time to kill, a time to heal  
A time to laugh, a time to weep  
To everything turn, turn, turn  
There is a season turn, turn, turn  
And a time to every purpose under Heaven  
A time to build up, a time to break down  
A time to dance, a time to mourn  
A time to cast away stones  
A time to gather stones together  
To everything turn, turn, turn  
There is a season turn, turn, turn  
And a time to every purpose under Heaven  
A time of love, a time of hate  
A time of war, a time of peace  
A time you may embrace  
A time to refrain from embracing  
To everything turn, turn, turn  
There is a season turn, turn, turn  
And a time to every purpose under Heaven  
A time to gain, a time to lose  
A time to rain, a time of sow  
A time for love, a time for hate  
A time for peace, I swear it's not too late*



# Big Time Sadness 🥲



**We Will Really Really Really Miss You,  
Mr. Vona!!!!**



**BROCTON  
BULLDOGS**