



DeLaura Middle School Student Newspaper

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Flag Design: Declan Daleiden

Letter From Your (Digital) Editor

Kynsley Penny

By now you all have heard the news that we are not going back to school this year. Digital learning will continue through May 28th. If we can learn how to engage in online school, we believe we can also continue participating in Newspaper Club online as well. During the past month, Scottie Sunrise editors have met in a Zoom meeting every Friday morning to come up with ways to continue our school's student newspaper. We know you may be facing new challenges due to Covid-19, so we tried to write articles that would give you fun ideas and creative things to do while you social distance at home all day. I hope you all stay safe and healthy as we wait to return back to our normal lives.

Staying Active During COVID-19

Kynsley Penny and Declan Daleiden

One of the most difficult parts about the Coronavirus is staying at home and not being able to hang out with friends. However, one of the most important things we have to remember to do is stay active. On a normal day, a lot of people play sports outside of school like football, soccer, basketball, and track. Since we are spending more time indoors, you may be

spending a lot of time sitting on the couch, watching tv, or playing video games. We've come up with a few ideas for you to keep active:

-Get at least 30 minutes of exercise. One hour would be even better. During these hard times, you might feel anxious, or stressed. Doing yoga is a relaxing activity that can help you stay calm.

-Do jumping jacks. Jumping jacks are a very efficient total-body workout that you can do almost anywhere. This type of exercise works your lungs, heart, and muscles, all at the same time!

-If you like something a little more intense, try walking up and down the stairs for 10-15 minutes, two to three times a day. Walking up and down stairs benefits your heart, muscles, and protects against high blood pressure. Don't have stairs? You can also do lunges.

-One of the most fun things you can do is to turn up the music and dance. It is the easiest and most entertaining way to get exercise. If you have an Apple watch, it will count you exercising and will tell you "great job" and "keep it up." Everyone can always use a little encouragement! Stay active, Scotties!

Boredom Shmoredom

Caroline Hall

I know that I can't be the only one who is

lounging around on these slow quarantine days. I've decided to help you get through them with some time killing fun! Don't worry, I'm not going to tell you to read a book, play a game, or go outside. I'm sharing two unique ways to occupy your time.

First, turn on a classic soap opera, gather round with your family, assign your voices to characters, and let the fun begin! Make up your own dialogue to the story. It can be serious or silly- you decide! Number two, I've found that writing a story really helps to get through the day. It doesn't have to make sense either. It can be completely random. You might write about a medieval knight, a magical goat, George Washington, or a futuristic story about a greedy time lord. Use your imagination and have fun with it! I hope I helped you think of some ways to pass the time. Have a great day and stay healthy!

Cinco de Mayo

Kaitlynn Brown

Cinco de Mayo (May 5th) is only 4 days away. While you may not be heading out to dine at your favorite Mexican restaurant, you may still be curious about the holiday.

What is Cinco de Mayo you might ask? "Cinco de Mayo officially commemorates

the anniversary of an early victory by Mexican forces over French forces in the Battle of Puebla on May 5, 1862. It is not the anniversary of the defeat and expulsion of the French forces by the Mexicans, which occurred in 1867” (www.timeanddate.com). People celebrate Cinco de May in many different ways such as wearing festival dresses (green, red, white, and black), participating/watching parades, and eating traditional foods. Some of the different foods served are tacos and guacamole, ceviche, tostadas, tamales, and chocolate tres leches. In Mexico, Cinco de Mayo is called 'El Día de la Batalla de Puebla', which means The Day of the Battle of Puebla. What about firing up your own Cinco de Mayo celebration by spending some time in the kitchen preparing your favorite Mexican dish?

Essential Employees

Caroline Hall

People who work in medical centers, grocery stores, gas stations, and postal services are considered essential employees. Many businesses had to temporarily close due to the rapid spread of COVID-19. The ones that stayed open are run by people who are risking their safety to serve their community during this crisis. Have you wondered what it's like to be one of those workers? I had the opportunity to interview an essential employee (over the phone), to give you an inside look on what it's like as an essential employee.

Melanie Wolz is my aunt. She lives in Atlanta, Georgia and is an essential employee at an assisted living facility. Mrs. Wolz works as a physical therapist. She helps the elderly regain their strength after an injury or surgery. Many precautions have been put into place so she won't infect her patients. Mrs. Wolz has to wear medical scrubs and a mask. When she finishes with a patient she must disinfect the room and wash her hands. When she goes home, she has to quarantine herself for the safety of her patients and others.

Mrs. Wolz stated, “I interact daily with people from 75-100 years old. I have asked them all, and they have never been through something like this. Some remember that schools and swimming pools were closed during the Polio epidemic. Polio was very contagious and caused paralysis in infants and children. In 1953, Dr. Jonas Salk developed a Polio vaccine. Since that time, infants and children all over the world have received the Polio vaccine. The development of the Polio vaccine was truly a turning point in modern medicine. Children all over the world receive the Polio vaccine. This gives me hope that next year we will have a vaccine for COVID-19.” Essential workers are critical to our nation. When the next opportunity presents itself, make sure you take the time to thank those that are serving during such a difficult time.

Kynsley's Kitchen

Kynsley Penny

During this crazy time, I have been keeping myself busy baking different recipes. I have baked a lot of muffins and brownies! One of my favorite things I have made so far is called Pineapple Dump Cake. It gets its name because you pretty much dump everything in the pan and bake it! It's so simple and so good! After your first bite reveals warm cake, you then suddenly get a fruity burst of flavor. You can also use apple, cherry or blueberry pie filling. If you're looking for your next delicious homemade treat, look no further and follow these directions:

Ingredients

- 1 box of Angel Food cake
- 1 can of crushed pineapple
- 1 tub of Cool Whip

Directions

1. Preheat oven to 350.
2. Dump cake mix and pineapple in a casserole dish.
3. Bake in oven for 35 minutes or until toothpick comes out clean .
4. Let cool, then put a spoonful of cool whip on each slice.

Positivity During COVID-19

Laura Grascia

There are many new challenges and uncertainties we are facing during this time. However, this gives us the opportunity to look for the good and embrace new positive opportunities. Many people have used the additional time that they have gained during the day to learn something new or pick up a new hobby. A small added change can be very simple, positive, and bring joy. Here are some suggestions for adding positivity to your day:

- Cook something new instead of eating out.
- Walk your dog- now it seems fun!
- Enjoy pajamas all day because it's comfortable and relaxing (Who's gonna see you?)
- Video chat with a different friend everyday.
- Have family dinner time sitting around the table, asking each other fun questions.
- Teach grandparents how to FaceTime so you can see them more often. You could even play a game with them over the phone!
- Spend extra time with your family (See Caroline's article about creating your own version of a Soap Opera).
- Wear fuzzy socks all day without worrying that they won't fit into your shoes- because you don't put on shoes!
- Plan a surprise Zoom or Skype birthday party for your mom, dad, siblings, relatives, or friends.
- Send a thank you note to someone who is making a difference.
- Many gyms are offering virtual classes- you could learn yoga!
- Have you tried watercolor painting? It can be very relaxing.
- Send your neighbors some love by writing positive messages on your driveway, sidewalk, or in your windows.

When you are feeling down during this Pandemic or just need a reminder of the little joys in life, remember you are not alone- we are all in this together. Take a moment to do something new. Keep the

positive and happy thoughts in your mind and #STAYHOME.

Book Review: *The Twin*

Kaitlynn Brown

Looking for something to read? *The Twin* is definitely a book that I would recommend. This book was published not too long ago on March 3, 2020. Natasha Preston is the author of many other books, such as *The Cabin*, *Awake*, *The Lost* and many more. Interested in a brief summary? Goodreads shares, "After their parents divorced, 10-year-old twins Ivy and Iris were split up--Ivy lived with Dad, Iris with Mom. Now, after a tragic accident takes their mom's life, the twins are reunited and Iris moves in with Ivy and their dad. Devastated over Mom's death, Iris spends the first few weeks in almost total silence--the only person she will speak to is Ivy. Iris feels her life is over and she doesn't know what to do. Ivy promises her twin that she can share her life now. After all, they're sisters. Twins. It's a promise that Iris takes seriously. And before long, Ivy's friends, her life at school, and her boyfriend, Tyler, fall under Iris's spell. Slowly, Ivy realizes she's being pushed out of her own life. But she's just being paranoid, right? And Mom's accident was . . . just an accident. Right? It's not like she--or Dad--or Tyler--are in any danger." With more time to read, pick up this thriller that will keep you turning pages!

Teacher Spotlight

Laura Grascia

Although DeLaura campus' doors are shut, teachers are still trying to make their lessons as normal as possible so their students can learn what they need to know and be ready for next school year. I reached out to ELA teacher, Ms. Stanley, music teacher, Mrs. Benincasa, and math teachers, Ms. Fromson, to hear about how they are handling this change in learning.

What are you doing to keep busy?

-Ms. Stanley- "I have been very entertained by my two newest co-

workers, Noodle and Liberty (my cats)! They play a lot during the day so that is fun to watch! I have been watching a lot of movies. I've already watched all of Star Wars and Lord of the Rings once. But my favorite thing I've been doing to keep me busy is Animal Crossing for the Nintendo Switch. I'm super obsessed and have been playing every day since it came out!"

-Mrs. Benincasa- "I am busier grading assignments and listening to individual performances than I was when we were at school! On my days off, I have built and planted a small garden, I've exercised a LOT, I've cleaned the house top to bottom, and I've been cooking more. I even learned how to make a mask to wear out to the grocery store! We are thankful that we live in such a nice place and can at least get out in our Florida weather and maintain safety at the same time."

-Mrs. Fromson "I am staying busy by assisting students and parents through email and phone calls, making lesson plans, and learning new technology."

What type of work load are you assigning for students?

-Ms. Stanley "I have assigned a daily bell ringer as well as weekly reading assignments. We are currently wrapping up reading *The Outsiders* and in the process of an ABC Book project, but I personally feel like I'm giving my students enough time to complete assignments and being flexible with due dates. I haven't had any complaints!"

-Mrs. Benincasa "Actually I am not giving a lot of work. I have heard that there are many families with multiple kids and they are having a hard time keeping up. I also have learned that the technology available to each student is very unbalanced, so my second assignment consisted of a choice of things. That makes it easier for everyone. I hope to be offering a creative outlet for my students."

Did it ever cross your mind that you might be teaching online school?

-Ms. Stanley "I really enjoy the virtual classroom. I've had Google Classroom and programs like No Red Ink in use since the beginning of the school year, so switching over has not been too much

trouble for me from a logistical standpoint. However, any thought I ever had about teaching virtual school is gone from my mind. Giving work online is fine, but I miss being around my students more than anything. Being able to talk, listen, and explain things face-to-face is something I will never take for granted again as a teacher."

-Mrs. Benincasa "It did not ever cross my mind that we'd have to go down this path. This is more difficult than teaching the group. Music is a group thing, and it is just one of those things that is better done in person. I can't fix issues as they happen when we do it remotely, and that is one of the down-sides of this whole thing. People who learn music online often develop bad habits because the teacher is not right there to correct it. I don't want "auto-tuned" students. Part of the choral experience is the connection you make with your fellow vocalists."

-Mrs. Fromson "In the past, I had given some thought to teaching online through virtual school. This experience has made me realize that I am no longer interested in that. I miss being in the classroom and I miss my students and colleagues."

Just as your experience as a student has changed, teachers are also adjusting to this new digital way of learning. Thank you, Ms. Stanley, Mrs. Benincasa, and Ms. Fromson, and all teachers at DeLaura for all that you are doing to keep students learning!

Video Game Review

Lillian Black

Recently, I had the opportunity to play and review a new video game called "Animal Crossing: New Horizons." This new game has hit the world by storm, and people are loving it (including Ms. Stanley... see Laura's Teacher Spotlight article)! With the current pandemic, we all need something to do in the comfort of our homes, so why not pick up the game. It's a captivating simulator where you have to construct a whole new town! You can customize almost everything about your island including your avatar, your

buildings, and even the villagers that live on your island! You also have daily tasks to do, so you might be on there for hours! However, there's only one island per device, which means that every family member is on the same island. The only way to get around this is by purchasing multiple Switches. Some people are happy about the combined island, while others are raging. This family friendly game is only for the Nintendo Switch, and is priced around \$60. Have fun making your island truly yours!

ZOOM Security Concerns

Elijah Kelford

You may want to reconsider using Zoom for your next meeting. The use of Zoom has skyrocketed during this COVID-19 pandemic. It has been used in schools nationwide for online learning. There are multiple articles which detail numerous security and privacy concerns. According to CNET, the issues include:

- Sending data to Facebook without user consent
- Allowing strangers to access meetings (sometimes leaving inappropriate content)
- Lying about their use of encryption
- Not using encryption
- Leaking user email addresses and photos
- Displaying users' LinkedIn profiles
- Leaving video calls on the web
- Accidentally sending calls through Chinese servers
- Getting sued four times (and counting)
- Somehow ending up with half a million accounts on the dark web
- And possible vulnerability to foreign surveillance

It has been banned by the Pentagon, the United States Senate (sort of), Singapore schools, New York schools, the German government, Google, the government of Taiwan, SpaceX, NASA, the Australian Defense Force, and more. I was surprised myself when I read about the issues with Zoom, which have been supported by

credible news outlets. After writing this article, I have since deleted my account on Zoom. Just a thought before you engage in your next digital meeting!

Point-and-Shoot

Allison Roehl

You've probably seen those photo challenges on Pinterest or Instagram, right? Well now is a great time to do it, and I'm here to help. For this, all you need is a phone, Ipad, or a digital (or film) camera! As we are in quarantine, you probably have a lot of time on your hands... so let's turn you into a photographer to have your own mini photoshoot (I see you ladies). Let's start with basic knowledge- vocabulary, different tips and tricks, and little facts that will improve your pictures.

Compositional techniques are the placement or arrangement of visual elements. There are tons of different techniques, but I will be focusing on the basic 4:

-Rule of thirds- when an image is split horizontally into thirds with the subject within four intersecting points

-Framing- just like a picture frame- blocking some elements within the photograph in order to show off other elements (that one's easy)

Filling the frame- when the subject fills the frame (has little to no active space)

Breaking the rules- not following any 'technique' and just doing what looks good. This technique is used quite a lot!

Next, we have some different tips and tricks. The first tip is about angles- which can take your picture to the next level. Don't be afraid to get down on the ground or to stand on something (that is stable). Another trick is to pay attention to the lighting. Use a flashlight, open the curtains... It will make your image look 10 times better!

Now onto the challenge... I have put together a 14 day challenge for you to follow! Valued readers, please join me in doing the first ever "Scottie Snapshot Challenge."

Day 1- something green

Day 2- sunrise/sunset

Day 3- a street sign

Day 4- a flower

Day 5- an animal

Day 6- the sky

Day 7- something small

Day 8- a sibling/parent/guardian

Day 9- a hobby/something you like

Day 10- close up of an object

Day 11- one technique (listed above)

Day 12- shoes

Day 13- your breakfast

Day 14- clouds

Let's see what you come up with! We'd love to see your submissions. You may email them to

kidd.dominique@brevardschools.org for a chance to be featured in this year's last issue!

The Scottie Sunrise Staff

Editor in Chief: Kynsley Penny **Managing Editor:** Kaitlynn Brown **Copy Editor:** Elijah Kelford **Graphics Editor:** Talia Szoke and Declan Daleiden

Contributors - Sophia Annette, Lilian Black, Brooke Booth, Damien Brown, Jada Calloway, Hailey Cullingford, Mireya Estrada, Maia Glocken, Laura Grascia, Caroline Hall, William Hicks, Jody Junek, Sara Masterson, Kayden McCartney, Bailee Nace, Elena Noel, Gideon Pike, Elaine Reynolds, Allison Roehl, Caitlin Rosenberry, Ishaan Sen, Nicholas Suarez-Ospina, Alenia Ulrick, Audie Ulrick, Kayleigh Wood