Standing Desks at JMS by John B.

This year, the sixth grade classrooms are piloting standing desks. That means we are the first people in the school to use them.

When I first saw the new desk, I had no idea what it was. I was wondering if someone was playing a trick on the students. I finally realized that this is a revolutionary idea in classroom desks.

These desks are very helpful. If you want to stand because you can’t see the front of the classroom or you are just tired of sitting, the standing desk is for you. These desks are about 4-5 feet tall – perfect for a sixth grade student.

I think the standing desks are a good idea and I think they are something fun that everyone will want to use. Hopefully, your classroom will have some next year.

Awareness for ALS by Rebecca C. and Vicky W.

On May 18th, 2016, a race to raise awareness about ALS at Jericho Middle School occurred. ALS, Amyotrophic Lateral Sclerosis, also known as Lou Gehrig’s Disease, has affected many people between the ages of 40 and 70. Some symptoms for ALS are: your muscles weaken, your body feels faint, and your vocal cords spasm. One event that took place already to raise awareness for ALS was the Ice Bucket Challenge. This challenge started in the summer of 2014 and will continue every August until a cure is found. More than 17 million people uploaded doing this challenge on Facebook.

Today, right before the race here at JMS, three people diagnosed with ALS were wheeled into the front circle, and one of the ALS guides announced her gratitude towards our amazing school for raising awareness about this dreaded sickness in an inspiring speech. With the students and staff of Jericho Middle School, who believe that raising awareness about diseases like ALS is equal to our core classes, the world is going one step at a time towards a place without ALS. Whether or not you are good at studying, or are having a troubled personal life, your kind and generous mind towards helping others is all that matters.

Congratulations to Our Winners!

Fastest Boy: Barry Zhang
7th grade
Fastest Girl: Sydney Schroeder
7th grade
Electoral Commentary

Iowa Caucus Results by: Brian R.

Yesterday, February 1st, the results came in from Iowa. After months of polls, the politicians finally got to know if Iowa will help or hurt them. Let’s start with the Republicans, where Ted Cruz and the one and only Donald Trump’s debate became nasty. Ted Cruz won, 29% of his votes were males and 27% were females. So what about the loser, Donald Trump? He came in a close second with 25% males and 24% females. Marco Rubio actually had a fighting chance getting 25% males and 21% females. Iowa had 55 counties voting for Ted, 34 counties for Trump and 5 counties for Rubio. Donald Trump is already regrouping for the next caucus.

Now let’s talk about the Democrats. Hillary Clinton won and Bernie Sanders came in 2nd. Clinton won on a 0.3 percent landslide. Hillary tried to become president before in the 2008 election where she lost to Barack Obama. Now she’s trying again with Barack Obama on her side. Iowa isn’t the only one voting, so you can still hope your favorite politician will win.

New Hampshire Primary by: Brian R. and Aditya N.

On February 9th, 2016 the New Hampshire Primary results came in. In the Republican quarter, the top 3 are Donald Trump in first, John Kasich in second and Ted Cruz in third place. Trump got 35.3% of the votes, Kasich got 15.8% and Cruz got 11.7% and everyone else fought for the last 62.8%. Huckabee and Paul were eliminated. Looks like Trump is doing well even after all that criticism and his controversial saying “Ted Cruz cheated.” What about the Democrats, did they disappear? No, Hillary Clinton has competition now. Bernie Sanders came out on top with 60.4% percent and Clinton only got 38.0%. So now there is competition. Who will win? No one knows.

Mini Super Tuesday Update by: Brian R. and Anshul V.

This is the 3rd Super Tuesday in the race for president, and the candidates are in the spotlight!

Republicans:
Let’s start with Marco Rubio. He DROPPED OUT of the race after losing in Florida to Donald Trump! Now let’s talk Donald Trump. He won 3 of the 5 states including Florida, Illinois and North Carolina. He lost Ohio to John Kasich the former governor of that state. As for Missouri, as of March 16, 2016 at 2:37 P.M. we do not know. Donald Trump and Ted Cruz are in a hard race for Missouri.

Democrats:
Hillary is in the lead with 1,132 pledged delegates and 467 super delegates, while Bernie Sanders has 818 pledged delegates and 26 super delegates! Hillary Clinton won 4 out of 5 states, Ohio, Florida, North Carolina, and Illinois. On the other hand, Bernie Sanders won 1 out of 5 states.
Importance of Religion by Shubham V.

Religion is an important part of life for many people. Even people who are not all that religious by nature consider it to be important. The question is why do they feel this way? Many people believe that religion plays an important role in our life. People feel peaceful after doing religious practices. In fact there are many people who would argue that we could not function without religion. Most of the laws that we have here today follow religious teachings. There is a reasonable debate as to whether or not religion is required to make us good people. Without religion we would not only have lost many rules and our belief in God, but we would also seem sad and tired. Here are some ways people view religion:

1. Religion provides mental peace.
   Humans sometimes feel angry, sad, tired, or frustrated. Sometimes they feel helplessness in certain scenarios. It is religion that consoles and encourages them during these times. When you ever feel this way, just breathe in and out. Think about God- how he created the Earth and how grateful you are to live on this planet. Thinking is the basic process of mental peace. Then face your problems.

2. It includes social virtues.
   Religion shows the major social virtues like truth, honesty, non-violence, service, love, discipline etc. Any person who follows religion should have these qualities within them. These qualities help you become a better person and often leads to curiosity and thinking logically. Religion teaches people to be honest, kind, and loving.

3. Religion is an agent of socialization and self-control.
   When you practice religion, you become a better socializer. You think before you speak and can break up fights between people. You have friends who will trust you. Humans lose control over themselves when they become angry. They can stop this from happening by practicing religion. Imagine the look on your friend’s face when you let all the anger out of you because you got grounded at home!

4. Religion Strengthens Self-Confidence.
   Religion is an effective means to strengthen self-confidence. There are certain beliefs like 'work is worship', or 'duty is divine', which is found in various religions. One last reason that we need religion is that it gives us something to believe in. People need to believe that there is a reason for what they are doing and that there is a reason for life. Religion provides this for them. This is what gives people the desire to go out and work every day and to try to make the world a better place. They do it because they believe there is a meaning behind it all.

Religions of the World
Healthy Living

How To Eat Healthy by Nephreti B.

In my opinion, healthy foods can be tasty, especially if you are used to a healthy diet. I also think that a healthy diet is difficult to keep, but you can do it if you start now rather than never. Eating healthy can benefit you in many ways!

Eating healthy is very important. If you don’t eat healthy, then you may confront weight problems or diabetes. You may even die at an earlier age from a lifetime of not eating healthy. So it would benefit you to be interested in starting a healthy diet.

In my opinion, healthy foods can be tasty too. You can prepare them in any way that is desirable to you. You can also find your favorite fruit and try to use it as a substitute for candy. If you get used to vegetables and fruit, you will like them more. You may stop having adverse feelings about vegetables and quit eating too much candy. I am used to having vegetables, so I like them a lot.

I also think that starting a healthy diet does not take too much effort but it still might take a lot of time to get used to. It is good to add vegetables to your plate. Meat is good for you. But, if you are facing weight problems, go for less fatty meats. You should always start your day by eating fruits. Fruits are best for you in the morning and vegetables are best in the night. They are both healthiest raw so it shouldn’t be hard to prepare them. Fruits and vegetables are best blended. If you cook them, all the nutrients come out. I know it is hard to make these changes, but I promise it will get easier and it will benefit you.

So remember that starting a healthy diet is best for you. Even if it’s hard the first few weeks, eventually it will get easier to restrain the urge to eat junk food.

Healthy Foods by Rishab B.

Most children probably don’t like to eat healthy food. In fact, 795 million people in the world don’t get enough nutrition and vegetables. The truth is, your parents are right, eating healthy food can make a big impact on your present life and your future in a very pleasant way. First of all, vegetables cut all the excess weight you might have, sharpen your mind and thinking skills, and can even help make your mood friendlier. Best of all, they can increase the longevity of living. A healthy meal should consist of grains, which are in the bread section, fruits and vegetables like broccoli and carrots, poultry or fish, meat, dairy, and finally, less fats and oily foods.

You must be wondering, “How does eating foods with sugar affect me?” Well, I have an answer. Eating too many high-fat foods not only adds excess calories, but can increase your risk factor for several diseases. Heart Disease, Diabetes, certain types of Cancer and Osteoarthritis have all been linked to diets too high in fat. If you consume too much saturated and trans fats, you are more likely to develop high cholesterol and coronary artery disease. Sugar-sweetened drinks, such as fruit juice, fruit drinks, regular soft drinks, sports drinks, energy drinks, sweetened or flavored milk and sweetened iced tea can add lots of sugar and calories to your diet. However, staying hydrated is important for good health. Some of the healthiest foods you can consume are lemons, broccoli, dark chocolate, potatoes, salmon, walnuts, avocados, garlic, spinach, and beans.

I hope you learned something new about eating healthy and sugar-high foods. I am not telling you never to eat those candies you can’t resist; just remember what too much can do to you.
Why Water is Important by Shubham V.

Do you ever wonder why you should drink water? Without water, your body would stop working properly. Water makes up more than half of your body weight; a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. Our blood, which has a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working. Water is also in lymph which is a fluid that is part of your immune system, which helps you fight off illness. Water helps digest your food and get rid of waste, too. It is the main ingredient in perspiration, or sweat.

Since water is so important, you might wonder if you're drinking enough. Usually, kids like to drink something with meals and should definitely drink when they are thirsty. But when it's warm out or you're exercising, you'll need more. When you're out in warm weather, especially while playing sports or exercising you should drink some extra water.

You should take a water bottle everywhere. In the store, at the gym, outside, in school- these are all good places where you should drink water. You won't be healthy if you don’t drink this clear liquid. You should drink 5-6 glasses a day. It is good for you. When your body doesn't have enough water, your body is dehydrated. Not only does water fight dehydration, but it's refreshing and has no calories.

You can help your body by drinking when you're thirsty and drinking extra water when you exercise and when it's warm out. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!
Be Thankful by Ayesha A. & Nabiha H.

In today’s world, people can be mean. They don’t appreciate what they have. They don’t know the value of the things that they have; we are not talking about material things. We are talking about family, friends, home, and community.

Once, when I was younger, my father told me a story. He told me that in our neighborhood, there was a person who lost his one leg and was unable to walk. He was poor and did not have money for his treatment but was still happy. He knew the worth of what he had – family, friends, and surroundings. He was grateful for the one leg that he was able to stand on, and his positive attitude shaped the way he lived his life.

On the other hand, he had a neighbor who was rich. He had good food to eat, nice clothes, a car, and everything else except a television and was still not thankful. Daily, he saw his neighbor but he never learned a lesson that he had everything he needed to live a lovely life, and also couldn’t see that he had a lot of things that other people in his community didn’t have. One day he was caught in an accident, and then he realized his mistake. Now he is missing his 2 legs and one arm, but he was so late to realize that he was a lucky man. We don’t realize our mistakes until something bad happens to us.

The lesson this story teaches us is that you should be thankful for what you have because when it’s gone, it’s not going to come back!
Are Elephants in Captivity Happy or Sad? by Bill L.

Have you ever been at the zoo and wondered whether or not the animals are happy? Many people think that they are, but there are differing opinions on the matter. Different animals have different emotions, so there is no way to answer this question in a general way. This article is going to focus only on elephants in captivity.

To start off, let’s think about the bad parts of animals being held captive. There have been many studies done about elephants in captivity that would suggest that these elephants are suffering and even dying. One 2008 study found captive elephants live half as long as wild elephants. Another study done in 2013 found that two-thirds of U.S. elephants display behavior that indicates psychological distress. The stress may not only come from being kept in small spaces, but the trauma of being captured and transferred away from their family. Elephants are very self-aware creatures. There was a study done in 2006 where an “X” was taped onto the side of an elephant’s head before being put in front of a mirror. Almost instantly, the elephant started reaching for the mark with its trunk. This meant that elephants joined only humans, dolphins and apes as the only animals that can recognize themselves in a mirror. Scientists believe elephants have complex brains, complex social lives and the capacity for empathy and altruism. Good care cannot make up for the stress and lack of exercise captive elephants deal with. There are even some scientific studies that indicate elephant deaths may be linked to obesity. Elephants get fed well when they are captive, but receive little exercise.

But enough about the negative, let’s focus on the good side of elephants in captivity. The Elephant Sanctuary in Hohenwald, Tennessee is following a new trend in their treatment of captive animals. This sanctuary is the biggest of its kind in the U.S. and provides elephants with a natural habitat, specialized individual care and an opportunity to be happy. Most importantly, they offer the animals that are kept there more space to move freely about.

One really good thing is that this issue is becoming more widely known among average people and they are demanding that changes be made. For example, the Ringling Bros. Barnum and Bailey Circus plans to retire it’s elephants by 2018 to a conservation center in Florida. These types of sanctuaries offer elephants the best alternative to being held captive and I expect to see more institutions donate elephants to them in the future. Let’s hope that the future for our world’s elephants is a happy and successful one, and we continue to gain a better understanding of these wonderful creatures.
Helping Giant Pandas by Rishab B.

With its striking black-and-white coat, round black ears, circular black eye patches set against a large white face, the giant panda is one of the world’s most beloved animals. Unfortunately, it also is one of the most endangered. Today, only 16,000 pandas survive.

Pandas are endangered because of habitat destruction in the forests. As the population in China continues to grow, pandas' habitats get taken over by development, pushing them into smaller and less livable areas. If you could make a change, what would you do? Well, people like you are taking a stand and trying to help the pandas because these animals play a crucial role in China's bamboo forests by spreading seeds and helping the vegetation to grow. Since the 1990’s, China has greatly expanded its conservation efforts and now regards the giant panda as a national treasure. The country’s reserve system has grown from 14 to more than 40 sites, and it has cooperated internationally to provide training in reserve-management and captive-breeding programs. Scientists put collars around pandas to study about their breeding and living.

Of course, there are things you can do to help the pandas. You can donate to your community nature reserve to ensure that the reserve borders are patrolled and no illegal hunting or logging takes place inside them. You can also donate to community development projects such as providing wood saving stoves to limit the impact of wood-fuel harvesting on the panda's forests. So hurry up! These cuddly giant pandas need your help. Thank You!

School Wifi Blocks too Much by Pratim C.

Some JMS students feel that the school blocks too many things over its wifi network. This ranges from games to informational websites.

This is a familiar scene for a JMS student: You are in the cafeteria after school, waiting with the mob to get a computer pass. You finally get one, type in your favorite game, and it’s blocked! You are suddenly really sad and type in a website to do your homework. Again - BLOCKED! At this point you are so upset that you try to go to another game and you find out that’s blocked too. It’s very frustrating, therefore, I feel the school should extend its range of games so that students have access to more fun sites.

Should there be Outlets in the Cafeteria? by Pratim C. & Brian W.

Many people argue that the cafeteria would be much better if there were outlets in the cafeteria. Eating your lunch while charging your phone would be great, right? Not necessarily. People argue that there would only be a couple of outlets per table. They also say that it would be easy to leave your phone in the cafeteria. It would also be a hazard if they are overloaded. Let’s hear what some students think:

Pratim C: YES “I never get a chance to charge my phone at home, so it would be nice to charge it at school. Sure, it would cost money, but I think it would benefit a lot of students, especially if you need to use it in an emergency. Yes, I believe that it could be a fire hazard, but we could limit the use per person.

Brian W: NO “I think that it’s a good idea, but what would wind up happening, is that all the kids would be fighting over who could use it. It would just make the cafeterias more chaotic then they already are.”

What’s your opinion?
Whales Like Global Warming? By Shubham V.

Humpbacks and bowheads are benefiting, for now at least, from the retreat of polar sea ice: It's making it easier for them to find food. In May 2009, Ari Friedlaender, an ecologist with Oregon State University’s Marine Mammal Institute, encountered something he'd never seen. In Wilhelmina Bay, the water was so thick with humpback whales that “we couldn’t count them fast enough,” he recalls. In the end, he and his colleagues counted 306 whales feeding on krill. It was the highest density of humpbacks ever documented in the region. The humpback population has been recovering ever since commercial hunting was banned in 1966.

But the whales are also being helped by something else: climate change. In the past, there wouldn’t have been any humpbacks at all in Wilhelmina Bay in May, because the sea would have been covered with ice. The whales typically left their feeding grounds along the Western Antarctic Peninsula by April, migrating thousands of miles north to spend the winter breeding in tropical waters. Since that 2009 expedition, Friedlaender has been hearing the whales sing late in the season, a sign that they might be starting to breed right in Antarctic waters, without waiting to migrate north. That would be a necessary change in their life history. “We are just beginning to paint the picture of how quickly and well the humpback whales are able to use this habitat that was probably not available to them in the recent past,” Friedlaender says.
By The Numbers by Bill L.

In our future, many animals will be in danger of becoming extinct if we don’t act now. Here are 10 animals we need to save.

1. Black Rhinoceros
   There were about 65,000 of this rhinoceros species as recent as the 1970s. Today, there are believed to be only about 4,000 of them left because many have been hunted and killed for their horns.

2. Bengal Tiger
   Considered to be the world’s second largest tiger, there are thought to be 2,000 left because of deforestation.

3. Mountain Gorilla
   Living far in the mountains of Congo, this species has vanished rapidly from human development. Recently, scientists found that in a nature reserve the population was increasing despite the ongoing war between humans.

4. Giant Panda
   Although this species is protected by law, only less than 1,500 individuals remain. Extensive research is continuing to go on to protect this rare beauty.

5. Golden Lion Tamarin
   Native to the eastern rainforests of Brazil, there are estimated to be around 1,000 left in the wild. It is thought that only 2% of this species’ habitat remains.

6. Blue Whale
   Less than 20,000 whales survived in our world’s oceans. Their major threats included hunting and accidents with ships.

7. Sea Turtle
   The main cause of why these reptiles are endangered is that they are accidentally caught by baits and traps.

8. African Forest Elephant
   As the population of humans began to increase, their numbers fell to 200,000 because many are killed for their tusks to make valuables.

9. Fishing Cat
   One of the rarest cat species, this cat was illegally hunted for its pelts as well as its unique wetland home was destroyed.

10. Galapagos Tortoise
    Said to be the longest living reptile, the main cause of the threat to these turtles is when goats were introduced to the Pacific Islands.
In March 2016 it’s Batman v Superman. This is an awesome movie starring Ben Affleck as Batman and Henry Cavill as Superman. Jesse Eisenberg is Lex Luthor, and Jason Momoa is Aquaman. Amy Adams plays newspaper woman Lois Lane and Ray Fisher is Cyborg. Batman and Superman fight each other, but when evil comes they have to work together with Wonder Woman and Aquaman to defeat Lex Luthor and Doomsday. There are rumors that the Flash and Green Lantern will be in the movie, but we will see if that is true. It will be awesome but there will be sad endings. This movie will be released on March 25, 2016. I will see you there!
Full House Returns with a Sequel by Jacob S.

Have you ever watched the 80-90’s TV sitcom, Full House? I have been watching this show for years and I have loved every single episode. Recently, former actor of Full House, John Stamos, created a sequel to this show called Fuller House on Netflix. John Stamos has only created the first season, but he is sure to create more seasons to come.

The show takes place at the same house in San Francisco, California where Full House was shot. Daughter of Danny Tanner, DJ Fuller, played by Candace Cameron Bure, becomes a widowed mother when her husband dies. She is the mother of three boys, Jackson, Michael, and Tommy. Her father, Danny, played by Bob Saget, his brother-in-law, Jesse, played by John Stamos, and his friend, Joey, played by Dave Coulier, move out to accomplish their dreams. This means that DJ starts to have to take care of her kids on her own. To fix this problem, her sister, Stephanie, played by Jodie Sweeten, and her best friend, Kimmy, played by Andrea Barber all move in to help her. Since, Kimmy is moving in to the Fuller House, her daughter, Ramona, moves in as well. In this show, the three women and boys all do very interesting things. Some of these things include going to wrestling matches, hanging out with friends, and playing with dogs.

I really love this show, just as much as the original Full House. Whenever I have free time, I like to grab my laptop from my room, open it up, go to Netflix, and click Fuller House to start watching it. I’m still not done with the first season yet, but I’m making great progress because of how much I love the show. If you haven’t started watching, I would recommend this show to you as a great source of entertainment.

Fuller House Returns with a Sequel

Movie Review: Zootopia by Jacob S.

I recently saw the new Disney animated film, Zootopia. It tells the story of a female bunny named Judy Hopps who wants to become the first rabbit police officer in the town of Zootopia. The other officers don’t believe that she is strong enough for the tougher tasks, so she is assigned the simpler tasks, such as putting tickets on cars that are illegally parked. Meanwhile, she meets a fox named Nick Wilde who becomes her partner in crime. To have the opportunity to do something risky, she’s assigned the task of finding a missing otter within 48 hours. Along the way, they do lots of crazy things through their journey. Eventually, they find the missing otter, Nick Wilde joins Judy as the other new police officer in Zootopia, and they start doing more risky tasks.

I absolutely loved this movie. If you like movies about animals and crime, then I definitely recommend this movie to you. Kids all over the country have watched this movie and loved it. Go ahead and see it!!
Hype for Civil War by Brian R. & Rishab B.

This May, the coolest movie of the year comes out, Civil War. This movie starts phase 3 of the Marvel Cinematic Universe. Usually, you will see the Avengers fighting evil and malicious villains, but this time, it's the American Civil War all over again. The reason is because no one agrees over how super Powers should be handled. This movie is based on the comic. Luckily it isn’t as confusing. There are 2 main teams, Team Captain America, and Team Iron Man. This issue is hard to decide in the comics/movies, but let’s look at it as real life. Team Ironman believes “guns” shouldn’t be allowed, while team Captain America says “guns” should be allowed for people who know how to use them. There will be some differences like not as many characters as the comic, and Spiderman's big reveal. This movie probably has a different conflict, instead of the unmasking of heroes. Civil War will bring people to the MCU, like Black Panther and Spiderman. This movie is a good parody of the comic, with more comedy. So whose side are you on?

Upcoming Movies by Aadhi M.

New movies are coming every week and we have to catch up to the latest trends! Here are some movies that may suit your type:

**Ice Age: Collision Course**
This is the terrific 5th movie in the Ice Age series. It is a movie you will love if you are an Ice Age fan! It is about a squirrel, in pursuit of an acorn, which sets off a chain reaction of meteorites that might ram into the Earth. The animals must make an epic journey around the world to save it from meteor showers that will blow the Earth to smithereens.

**The Secret Life of Pets**
This is a movie made by the beloved Illumination Entertainment, an animation film production company, about the, well, the secret life of pets! People may think that their dogs are nice and obedient, but if they went out and left their pets behind, it becomes a whole new world for them! They chase around, mess everything up, and do the unthinkable to the dog owner’s things!

**The Jungle Book**
This movie is about the life of a boy raised up by wolves. When a Bengal Tiger threatens a boy’s life, he sets out on a journey of self-discovery. He meets other animals, and makes friends with them, including a bear, a snake, and a black panther.

These are movies that you may want to watch during this wonderful year!
Raspberry Pi by Rishab B.

Legendary programmers like Bill Gates and Steve Jobs aren’t born natural programmers, and neither are you. However, with Raspberry Pi you can learn how to program and build computer hardware. Raspberry Pi is a mini computer capable of doing many things, including programming, building, and of course having fun!

You can use many programming codes like Python, Java, and some pre-made ones. With Raspberry Pi, you can make an arcade game, a drone, robotics, Scratch, and a self-made Minecraft. Also you can add mods to your program, and with a little thinking, make your own cool creations. Raspberry Pi consists of an HDMI cable, video cable, SD card, keyboard, mouse, Ethernet cable and audio stereo. You use this hardware to make a motherboard, otherwise known as the heart. After you download the programming software, you can start to make whatever you want. Raspberry Pi can help promote the teaching of basic computer science, making you ready for future years. I have Raspberry Pi at home, and I think it helps a lot with science and engineering.

Has your mom ever told you to get off the couch and close the curtains or close the garage? With Raspberry Pi, you can automate your house to do these simple tasks. Now how does that sound? If you want to be part of the next generation of programmers, better get started now! And why not use Raspberry Pi to help you along the way?

Bitcoin by Kartik S.

There are over 5 Billion Dollars’ worth of bitcoin in the world, and that number is only growing. Bitcoin is an online cryptocurrency, founded by Satoshi Nakamoto on October 31, 2008. It was created to allow users to have peer to peer transactions without the middle man. Today, 1 Bitcoin is worth 377.86 US Dollars.

There are many advantages to Bitcoin. Bitcoins are transferred from person to person, with no intermediates like banks. This reduces transaction fees. Your account cannot be frozen, and you can use Bitcoin in every country. Sending Bitcoins is as easy as sending an email, and you can use Bitcoins to buy anything.

Satoshi Nakamoto is the name used by the person or people who created bitcoin. No one has ever seen or met Mr. Nakamoto. Most people point to Craig Steve Wright, whose house was recently raided by the Australian Federal Police in order to discover the identity of Satoshi Nakamoto.

The evidence is compelling, but the authorities may be wrong. Another theory is that “Satoshi Nakamoto” is a group of people, but there is not enough evidence to confirm it.

The Bitcoin network is secured by individuals called miners. Miners are rewarded newly generated Bitcoins for verifying transactions.

Verified transactions are then added to a transparent public ledger called the block chain.

The backbone of Bitcoin is the block chain. The block chain is a shared public ledger on which the entire bitcoin network relies. All confirmed transactions are added to the block chain. This way users can see their balance in their wallets and new transactions can be verified to be valid bitcoins.

Bitcoin is a completely open source, so anybody can review the code. Bitcoin is changing the way we think about finance.
LaFerrari by Rishab B.

Everybody knows the hot, classy car known as the Ferrari. The Ferrari Company has produced sports cars since 1947, but traces its roots back to 1929 when Enzo Ferrari formed the Scuder racing team. Enzo Ferrari was born in Modena, Italy on February 18, 1898 and died on August 14, 1988. He devoted his entire life to designing and building sports cars and, of course, to the racetrack. His company has continued his legacy and created some of the most elaborate cars, such as the Ferrari 458, Spider, and more.

The king of all cars in Ferrari is the LaFerrari. At its core, the LaFerrari uses a 789-horsepower 6.3-liter V12 engine capable of reaching up to 9,350 rpms. From there, the engine is coupled to a 120-kilowatt electric motor which bumps total maximum output to 949 horsepower and 663 lbs. of torque. The 6.3-liter V-12 motor is one of the most efficient motors, and the electric motor allows it to go as fast as a Bugatti and has a respectable fuel economy, enabling it to be a hybrid. LaFerrari is capable of sprinting from zero to 62 mph in less than three seconds, from zero to 124 mph in less than seven seconds and reach a top speed of over 217 mph. The car’s doors can open upwards and the steering wheel is flat-bottomed that groups every major command including switches for the turn signals, the headlights and the windshield wipers, a knob that enables the driver to select from five different driving modes and a button used to start the engine. It has some major competition with other companies, including McLaren, Porsche, Lamborghini, and Bugatti. The car has a cost of $1.416 million. It’s expensive, but this elegant car is worth the money if you can afford it!

The Sphero by Anshul V.

The Sphero is a spherical robot made by Sphero, which was previously known as Orbotix. It is a white sphere wrapped in polycarbonate plastic. It is capable of doing super cool tricks and it is controlled by a phone or tablet. This company also made a Sphero called the BB-8. It is based on the droid from “Star Wars: The Force Awakens.” There is also something called a Force Band which is used to control the drone, instead of a phone or tablet. But, it only works for the BB-8 drone. It also comes with a special Star Wars-themed control app, which also features augmented reality "holographic" messages. Sphero was originally made an example by its inventors, Ian Bernstein and Adam Wilson. They 3-D printed the outer shell and took electronics from a smartphone and put them in the Sphero. It was presented at the CES (Consumer Electronics Show) in 2011. A new type of Sphero, the Sphero 2.0, was released by Orbotix in 2013. The next version, the Sphero Ollie (first called the Sphero 2B) came out in 2014.
The Craze over….Agario? by cici

Lately, there has been a HUGE craze about the game Agario. The school community at Jericho has been playing this addictive game for a while. In their spare time, they will download the app and play it there! Many people have been wondering, “What makes this game so special?” It’s time to find out.

Pratim C. says, “I watched a popular YouTuber play Agario. I liked it, tried it, and I have been hooked ever since. It really addicting, because when you have a large mass, it’s fun to eat people. I like Agario because I can play with my friends.”

There you have it!

Cyberbullying by JMS Problem Solvers

Bullying is a serious problem for kids throughout the U.S. It can make kids feel hurt, scared, sick, lonely, embarrassed and sad. Bullies might hit, kick, or push to hurt people, or use words to call names, threaten, tease, or scare them. A bully might say mean things about someone, grab a kid's stuff, make fun of someone, or leave a kid out of the group on purpose. Here at Jericho Middle School we work hard to prevent bullying, as well as educate students on how to respond to bullying if it occurs. The following are tips on how to handle cyberbullying if it happens to you or a friend.

If you are being cyberbullied, remember:

- **Don't blame yourself.** It is not your fault. No matter what a cyber bully says or does, you should not be ashamed of who you are or what you feel. The cyberbully is the person with the problem, not you.
- **Try to view cyberbullying from a different perspective.** The cyberbully is an unhappy, frustrated person who wants to have control over your feelings so that you feel as badly as they do. Don't give them the satisfaction.
- **Don’t retaliate.** Getting back at the bully turns you into one and reinforces the bully’s behavior. Help avoid a whole cycle of aggression.
- **Don't beat yourself up.** Don't make a cyberbullying incident worse by dwelling on it or reading the message over and over. There are many wonderful things about you so be proud of who you are. (more on next page)
• **Get help.** Talk to a parent, teacher, counselor, or other trusted adult. Seeing a counselor does not mean there is something wrong with you.

• **Learn to deal with stress.** Finding ways to relieve stress can make you more resilient so you won't feel overwhelmed by cyberbullying. Exercise, meditation, positive self-talk, muscle relaxation, and breathing exercises are all good ways to manage the stress from cyberbullying.

• **Spend time doing things you enjoy.** The more time you spend with activities that bring you pleasure—sports, hobbies, hanging out with friends who don't participate in cyberbullying, for example—the less significance cyberbullying will have on your life.

• **Don’t respond.** If someone bullies you, remember that your reaction is usually exactly what the bully wants. It gives him or her power over you. Who wants to empower a bully?

• **Save the evidence.** The only good news about digital bullying is that the harassing messages can usually be captured, saved, and shown to someone who can help. You need to do this even if it’s minor stuff, in case things escalate.

• **Block the bully.** If the harassments are coming in the form of instant messages, texts, or profile comments, do yourself a favor: Use preferences or privacy tools to block the person. If it’s in chat, leave the “room.”

• **Be a friend, not a bystander.** Watching or forwarding mean messages empowers bullies and hurts victims even more. It’s time to let bullies know their behavior is unacceptable—cruel abuse of fellow human beings. If you can’t stop the bully, at least try to help the victim and report the behavior.


Additional Resources:
- [http://www.ditchthelabel.org/top-10-tips-for-overcoming-bullying/](http://www.ditchthelabel.org/top-10-tips-for-overcoming-bullying/)
- [http://stopbullyingnow.com/advice-for-youth](http://stopbullyingnow.com/advice-for-youth)

**Take the Bullying Survey Here:** [https://www.surveymonkey.com/r/S7RQ7BH](https://www.surveymonkey.com/r/S7RQ7BH)
4 International Recipes by Rishab B.

Cooking is one of the most fun things to do at home, especially if you want to make it for your parents. Below are four recipes which I think are unique and exciting to make.

Chicken Makhni (From India)
This is a simple home version of butter chicken, also known as 'murgh' or 'chicken makhani, a popular dish in Indian restaurants. This is best served with naan, an Indian bread, or you can also serve this with rice.

Ingredients:
- ⅓ cup plain yogurt
- 1 tablespoon tandoori masala powder
- 2 teaspoons garam masala
- ¼ teaspoon Indian chili powder
- 1 ½ pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- ½ onion chopped
- 1 (1 inch) piece fresh ginger
- 1 clove garlic
- 2 tablespoons water
- 3 tablespoons cooking oil, divided
- 1 cup tomato sauce
- 1 teaspoon salt
- 1 cup half and half
- 1 teaspoon dried fenugreek
- 2 tablespoons butter

1. Stir the yogurt and tandoori masala powder together in a large bowl until thoroughly combined.
2. Add the chicken and toss to coat evenly.
4. Puree the onion, ginger, and garlic with the water in a blender until it forms a smooth paste; set aside.
5. Heat 1 tablespoon oil in a large skillet over medium heat. Cook the chicken in the hot oil until lightly browned on all sides, about 5 minutes. Remove from skillet and set aside.
6. Heat the remaining 2 tablespoons in the skillet. Fry the onion paste in the hot oil until the moisture is mostly evaporated, about 3 minutes.
7. Sprinkle the garam masala and chili powder over the mixture; cook 1 minute more.
8. Pour the tomato sauce into the mixture, reduce heat to medium-low, and cook another 5 minutes.
9. Return the chicken to the pan along with the half and half; bring to a boil. Add the butter, fenugreek leaves, and salt; reduce heat to low and simmer uncovered until the chicken pieces are no longer pink in the middle, 15 to 20 minutes.
Shrimp Scampi from Italy

The next recipe is a cool mixture of seafood and buttery Italian pasta. It is a perfect meal for late night fancy dinner, but at home. This dish is one of the most popular dishes in Italian restaurants.

Ingredients:
- vegetable oil
- 2 1/2 tablespoons kosher salt (divided)
- 3/4 pound linguine
- 3 tablespoons unsalted butter
- 1/8 teaspoon hot red pepper flakes
- 2 1/2 tablespoons good olive oil
- 1 1/2 tablespoons minced garlic (4 cloves)
- 1 pound large shrimp (about 16 shrimp), peeled and deveined
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup chopped fresh parsley leaves
- 1/2 lemon, zest grated
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 lemon, thinly sliced in half-rounds

1. Drizzle some oil in a large pot of boiling salted water.
2. Add 1 tablespoon of salt and the linguine, and cook for 7 to 10 minutes, or according to the directions on the package.
3. Meanwhile, in another large (12-inch), heavy-bottomed pan, melt the butter and olive oil over medium-low heat.
4. Add the garlic. Saute for 1 minute. Be careful, the garlic burns easily!
5. Add the shrimp, 1 1/2 teaspoons of salt, and the pepper and sauté until the shrimp have just turned pink, about 5 minutes, stirring often.
6. Remove from the heat, add the parsley, lemon zest, lemon juice, lemon slices, and red pepper flakes. Toss to combine.
7. When the pasta is done, drain the cooked linguine and then put it back in the pot. Immediately add the shrimp and sauce, toss well, and serve.

New York Cheesecake

This delicious dessert is a classic one. It is well liked by Americans and popular in New York restaurants.

Ingredients:
- 15 graham crackers, crushed
- 2 tablespoons butter, melted
- 4 (8 ounce) packages cream cheese
- Philadelphia Cream Cheese - Original
- 1 1/2 cups white sugar
- 3/4 cup milk
- 4 eggs
- 1 cup sour cream
- 1 tablespoon vanilla extract
- 1/4 cup all-purpose flour

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch springform pan.
2. In a medium bowl, mix graham cracker crumbs with melted butter. Press onto bottom of springform pan.
3. In a large bowl, mix cream cheese with sugar until smooth.
4. Blend in milk, and then mix in the eggs one at a time, mixing just enough to incorporate.
5. Mix in sour cream, vanilla and flour until smooth. Pour filling into prepared crust.
6. Bake in preheated oven for 1 hour.
7. Turn the oven off, and let cake cool in oven with the door closed for 5 to 6 hours; this prevents cracking.
8. Chill in refrigerator until serving.
Strawberry Truffle Cake

This dessert is a fascinating mixture of chocolate cake and strawberries:

Ingredients:
- 1 box Betty Crocker™ SuperMoist™ chocolate fudge cake mix
- Water, vegetable oil and eggs called for on cake mix box
- 2 packages (8 oz. each) semisweet baking chocolate, finely chopped
- 1 1/3 cups whipping cream
- 1/4 cup butter (do not use margarine)
- 2 cups cut-up fresh strawberries
- 1/4 cup white vanilla baking chips
- 1/2 teaspoon vegetable oil

1. Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake cake as directed on box for 13x9-inch pan. Cool completely, about 1 hour.
2. Meanwhile, in large bowl, place chopped chocolate; set aside.
3. In 2-quart saucepan, heat whipping cream and butter over medium heat, stirring occasionally, until butter is melted and mixture comes to a boil.
4. Pour cream mixture over chocolate; stir until smooth.
6. In large bowl, beat half of the cake cubes on low speed until cake is crumbly.
7. Add remaining cake cubes and 1 3/4 cups of the ganache (reserve remaining ganache for topping).
8. Beat on low speed 30 seconds, then on medium speed until well combined (mixture will look like fudge).
10. Spoon mixture into springform pan; smooth top. Cover with plastic wrap; freeze about 45 minutes or until firm enough to unmold.
11. Run knife around side of pan to loosen cake mixture. Place serving plate upside down on pan; turn pan and plate over.
12. Frost side and top of cake with reserved ganache. Arrange strawberry halves on top of cake.
13. In small microwavable bowl, microwave baking chips and 1/2 teaspoon oil uncovered on High 45 seconds, stirring every 15 seconds, until melted.

I hope you use the wonderful recipes above to try new things or spice up your day!
Would You Rather? by Tiffany H., Ananya B., Allison N., Jessica C., & Sophie F.

Have you ever played Would You Rather? We came up with a list of questions you could ask your friends. The answers may surprise you!

Would you rather………

- Be able to fly or be invisible?
- Speak every language in the world or play every instrument?
- Live in the future or the past?
- Be the best player on the losing team or the worst player on the winning team?
- Be a rabbit or a horse?
- Have feet for hands or hands for feet?
- Have a unicorn horn or a squirrel tail?
- Only be able to whisper or only be able to shout?
- Be outside all day or inside all day?
- Be in a pool or marshmallows or a pool of M&M’s?
- Live in a place that’s very hot or very cold (ALWAYS)?
- Go into the past and meet your ancestors or into the future and meet your great-great-grandchildren?
- For your birthday, would you rather get cash or gifts?
- Lose your vision or you hearing?
- Be the oldest or the youngest sibling?
- End hunger or hatred?
- Known for your intelligence or your good looks?
- Be poor with lots of good friends or rich with no friends?
- Be deaf or blind?
- Have telepathy or telekinesis?
- Be able to run really fast or jump really high?
- Know everything or be amazing at everything you try?
- Be able to eat cold food or never be able to eat hot food?
- Be alone for the rest of your life or always be surrounded by annoying people?

Here are the answers to a question we asked 6th, 7th and 8th graders in the hallways after school. What would you rather do?
Our Favorite After School Clubs

Our Favorite Candies
Submitted by Cheyenne E.
Fun Animal Facts  By Danna C.

Humpback Whale
1. They belong to the same family as the blue whale.
2. Females are bigger than the males from 45-50 feet to the males’ 40-48.
3. They eat up to 1.5 tons of food a day.
4. They do not have teeth.

Chipmunk
1. Chipmunks are the smallest members of the squirrel family.
2. They usually eat nuts, seeds, berries, fruit, fungi, insects, frogs and eggs.
3. They collect and store food for the upcoming winter.
4. Chipmunks can live 2 to 3 years in the wild.

Tree Kangaroo
1. Tree Kangaroos can reach 37 to 70 inches in length and 15 to 22 pounds in weight. Males are slightly larger than females.
2. The Tree Kangaroo is diurnal animal, which means he is active during the day and sleeps at night.
3. Natural enemies of tree kangaroos are pythons and wild dogs.
4. Babies are called joeys.
5. Their diet consists of leaves, flowers, shoots, bark, eggs and small birds.

Dolphin
1. The dolphin is the only mammal that gives birth with the tail first instead of the head.
2. They may be able to dive up to 1,000 feet.
3. The Killer Whale is the largest member of the dolphin family.
4. There are about 100 teeth in the mouth of a dolphin.
5. A mature dolphin eats up to 30 pounds of fish daily.

Gila Monster
1. Gila Monsters often prey on small birds and mammals, eggs, lizards, frogs, insects, and carrion.
2. They may live 20 or more years in zoos, possibly longer in the wild.
3. They eat other small animals like mice.
4. Females lay two to 12 leathery eggs that stay below ground over winter and hatch ten months later in the next spring.
5. Hatchlings are about six inches (15 cm) long and are miniature replicas of their parents.
More Fun Animal Facts  by Danna C.

**Rabbits**
1. A female rabbit is called a doe.
2. A male rabbit is called a buck.
3. Rabbits live in groups.
4. More than half of the world’s rabbits live in North America.
5. Rabbits have a lifespan of around 10 years.
6. Pet rabbits that live inside are often referred to as “house rabbits.”
7. Rabbits are born with their eyes closed and without fur.

**Raccoons**
1. These animals are very strong swimmers.
2. These animals can live up to 16 years in the wild.
3. Their body mass is made up of 50% body fat.
4. They are preyed on by coyotes, wolves, hawks, and owls.

**Six Gill Shark**
1. The six gill shark has different names such as the cow shark or mud shark.
2. Their size is 12-18 feet.
3. They swim 5,500 feet deep.
4. They have six gills, unlike other sharks, which have five.

**Whale Shark**
1. Whale sharks are the largest fish on the planet.
2. They can weigh up to 12 tons.
3. They have about 3,000 tiny teeth.
4. They don’t use teeth to eat; it takes in food through its body.
5. They can live for over 100 years.

**St. Patrick’s Day**  by: Keeara M.

On St. Patrick's Day, you will see people wearing green even if they are not Irish. There isn't really one reason why this is the official color of St. Patrick's Day. However the color green represents Ireland, and the Irish flag. Ireland is nicknamed the "Emerald Isle." It represents spring and it's the color of shamrocks. Remember, if you don't wear green, you risk being pinched. This American tradition comes from the idea that people thought wearing green helped ward off being pinched by leprechauns. Leprechauns would pinch anyone not wearing green.
Happiness by Kyra H.

Happiness is……
Success on the first try
Without having to sigh
Glee on your face
As you’re packing your suitcase
Rain trickling down your nose
As you look at your photo
Birds chirping in the sky
Smiling faces passing by
Rewards and gifts
To be loved and to be kissed
Staring at a bright star
Loving who you are

Ice Cream by Kyra H. and Tobi A.

Ice cream
Joy as you take a lick
Refreshing under the beating sun
Smooth as a soft blanket
Cold as winter
Delicious and inexpensive to get anywhere
So many colors and flavors to choose from
Just know when you hear a sound
Stop, drop, roll and eat ice cream

She Left to be Above by Tobi A.

My life was as bright as the sun
She was fierce, fearless and always fun
Now my life is the night
Even the moon cringes in sight
Because she left to be above

I spend my days hanging my heavy head down
Head so low, it is falling to the ground
I push to think of another thing
But in my head, her words would ring
Because she left to be above

Now my heart is a shriveled grape
It is all messed up and bent out of shape
I walk to her grave
and myself I forgave
Because she left to be above

A heavy weight is lifted off my back
And I started home, back on track
The trees began to ripen
And my face began to brighten
Because she left to be above

My soul now is sweetened
Almost as sweet as the Garden of Eden
She really did not have a longer stay
But that is okay
She left to be above
Save the Earth!

by Shubham V.

No more wastes
Save the bottles
Clean up the trash
Help save the earth
Start now—make a change
It’ll be a better place
When you stop the wastes
Even when it rains
By starting rebirth
Of recycling and reducing and reusing
If you think green
The world will be a better place
No more wastes!

O How I Love Snow

by Shubham V.

O snow
How I miss my favorite weather
That makes me feel much better
Than going to school
I could ice skate, which would be a pool
Eating snacks, playing games, hanging out with friends are
what I’d rather like to do
Skiing would be fun
Or catching snowflakes under my tongue
Snowball fights and igloos, making snow angels
Oh my!
I would watch my favorite shows, or go sledding on a
beautiful snowy day
O how I would make snowmen with a little orange nose
And then wash it away with a hose
I’ll drink hot chocolate
And finally relax in my bed with my softest blanket that is
white as snow
And I’ll sleep and then remember
Oh no, tomorrow I have school!
Unless my brain will think of some excuse to not go to school

Spring

by Shubham V.

Beautiful spring is in the air
Spreading care everywhere
Plants, flowers, and trees all swaying in the breeze
Warm weather around us
Cleaning up all the dust
Animals coming back from hibernation
and migration
Having celebrations for the holidays
Recycling in the spring, oh what a song to sing!
The Sun shines brightly
With its warmth
Long lasting days, children wanting to play
Enjoy the nature when you’re outside
If you help others out
They’ll help you
Be kind to others as they’ll be nice to you
MONEY!?

**A RAP** by: Aaron Yeung

CAT
OH YOU CALLING ME A BRAT
YOU ACT AS IF I WAS A RAT
A BAT
SOMETHING THAT GETS USED LIKE A TRAP
I JUST BOUGHT A FRESH MAT

BUT I THINK you should take A NAP.

---

**The sad Sad Sad Man**

**A RAP POEM** by Aaron Y.

He’s furious
But a bit mysterious
Hides in houses
A bit too serious
Cries when people make fun of him
He looks chimp
He doesn’t care for the gym
People say he is a little delirious
Waves his hand like he is imperious!!!!

---

**SUMMER** by :Aaron Y.

Summer is here
Everyone cheer
We all love summer
But it’s raining today
What a bummer
But it’s not a day to cry
So don’t even try
It is summer
Wait... is that sound thunder?
What a summer!
Second Favorite Team in M.L.B by Aditya N. & Rishab B.

For all the baseball fans out there, you probably have your number one team you absolutely love. Our favorite team is the New York Yankees. But what if your favorite team wasn’t playing, or you were just bored watching your team all the time? Well, there are a number of second-hand baseball teams that you might enjoy watching. We are going to tell you about some of them.

#1 - Baltimore Orioles: It has been two years since they won the American League East Division and it seems like they might be terrible. However, if you look deeper into this team, you will realize how great they are. They have one of the most powerful lineups in the M.L.B. including Manny Machado [35 home runs], Adam Jones [27 home runs], and Chris Davis with a major league record of 47 bombs (home runs). They traded for Mark Trumbo [22 home runs] and Hyun Soo Kim from Korea [23 Home Runs] and an underrated signing of Pedro Alvarez [27 home runs]. Their rotation looks disappointing, but could improve. Finally, their bullpen includes Darren O'Day and Brian Matusz. It seems like there is a positive sign in front of the Orioles, but this could change a lot in the tight A.L East race.

#2 - Arizona Diamondbacks: This team might not have been your choice, but believe me there are many reasons to enjoy them. They have a Cy Young finalist, Zack Greinke (pitching award), first baseman Paul Goldschmidt, and a submariner who closes out games with a diving, arm-side-running cannonball. But that's not all. There's also the league's most underrated outfielder, A.J. Pollock and the best defensive shortstop, Andrelton Simmons. The D-backs will have a struggle against the Dodgers and the upgraded Giants in the NL West, but that's part of the fun.

#3 - Cleveland Indians: Thanks to their amazing bullpen, there's a zero chance they don't allow a single home run all season. There's Corey Kluber who followed up his 2014 Cy Young Award by making a run at 21 strikeouts in a game last year, finishing with 18 in eight innings. Behind him is Carlos Carrasco, who may have the best curve. Carrasco struck out 10.6 batters per nine innings last year and has a good chance at lowering his 3.63 ERA this time around with an upgraded defense behind him. After Carrasco, Danny Salazar is a strikeout machine, with a devastating changeup. Meanwhile, fellow former top prospect Trevor Bauer has both his immense ability and his struggles to find the strike zone. All that still adds up to a solid back end starter with the potential for more. To close the game they have Josh Tomlin, a potential pitcher for the MLB. The Indians have a good batting lineup with Francisco Lindor, Carlos Santana, Yan Gomes, and Juan Uribe. They are not the ultimate lineup, but once in a while you won’t believe their hitting, with 20 HR totals and 31 RBI totals.

#4 - Miami Marlins: The Marlins are really starting to kick up the season. The winged feet of Dee Gordon, who's hit .311 with 122 stolen bases the last two seasons has only hit six homers in that span. Injuries have limited Jose Fernandez's time on the mound, but he's basically been Clayton Kershaw when healthy. A career 2.40 ERA with 10.5 K/9? You can't ask for much more. You can choose between left fielder Christian Yelich, who collected the Gold Glove in 2014, and Adeiny Hechavarria, who can perform amazing throws from anywhere on the field.

#5 - Chicago White Sox: They are a team just to the South League with plenty of reasons to tune in. Wearing those underrated black uniforms, the Sox have Jose Abreu and Home Run Derby winner Todd Frazier at the start of their lineup. While Jimmy Rollins may no longer be an MVP candidate as he enters this season, he's still one of the most likable players in the game as he lines up at short. The bullpen starter is Chris Sale who made his own run at 300 strikeouts last year. The White Sox bullpen also has the underrated Jose Quintana who never posted an ERA higher than 3.76 and former third-overall pick with his amazing slider. Of course, there are so many ways to choose a second team. Try the Phillies. Or the Red Sox .Try the Dodgers. Whatever team you choose, we hope we gave you many options for baseball to spice up your day!
Cricket by Rishab B. & Anshul V.

Cricket is one of the finest sports in the world. It originates from the early kings in England. Cricket is played with a cricket bat and a leather ball. Matches are played between two teams, and the goal is to get the most runs off a certain amount of deliveries, also called overs. Here is the interesting part: Instead of pitching the ball without a bounce, bowlers are supposed to deliver the ball with a bounce (there is an exception called full toss). This rule allows bowlers to perform various pitches to get the batter out, such as spins, pace, and tricks. To get a batter out, bowlers have to bowl the ball so that it hits 3 stumps behind the batter called wickets, or the fielders can catch the ball. People play cricket in large stadiums shaped like a dome, and if the batter hits the ball to the boundaries with or without a bounce, they get 4 or 6 runs. Matches can be very stimulating and are fun to play too.

There are many legends who have played the game and have changed the way people view the game. Some are:

**Batsmen:**
- Donald Bradman: an Australian cricketer. He is widely known as the best “test match batsman.”
- Sachin Tendulkar: an Indian batsman and captain, considered a legend for his amazing skills. His nickname is “Little Master”. Sachin played for the Mumbai Indians.
- Rahul Dravid: was an Indian cricketer and captain. He is known as one of the best batsmen in cricket history. Rahul was born in 1973 and played for the Daredevils.

**Bowlers:**
- Muttiah Muralitharan: Muralitharan is a former Sri Lankan who was considered a great test match bowler.
- Shane Warne: an Australian former cricketer, known as one of the best bowlers in the history of the game.

As you can see, cricket is one of the finest, and without doubt, one of the most widely known sports around the world. You should try to play cricket or watch one game and you will see how fun it is!
The Elite 8 and Final 4  
by Matt R., Adam G., Alex C., Sam K. & Jordan M.

The NCAA championship was a real nail biter, but before we get ahead of ourselves, let’s cover what happened in the Elite 8 and the Final Four. Here’s a region by region rundown.

South Region:  
In the South Region the 1 overall seed, Kansas Jayhawks battled it out with the number 2 seed, Villanova Wildcats. Playing at the KFC Yum! Center, Villanova came in as the minor underdogs. During the first half, the game was led by Villanova who took a seven point lead to the half. Kansas attempted to come back in the second half, but the number two seed held on, advancing to their first final four since 2009.

West Region:  
The teams from the West Region in the NCAA tournament were not too great with the exception of Oregon and Oklahoma. Oregon defeated Duke, sending them to the Elite 8, where they would face Oklahoma, coming off a win versus Texas A&M by 14 points. In the Elite 8, for the West Region, the seeds were close. Oklahoma, the 2 seed for the west, and Oregon, the 1 seed. In the end, the Oklahoma Sooners upset the Oregon Ducks, 80 to 68, bringing them to the Final Four.

East Region:  
In the Elite 8, North Carolina and Notre Dame represented the East Region. UNC, the 1 seed, was a heavy favorite to be the last team standing out of the East Region. After a long fought battle, UNC pulled away late, advancing to UNC’s 19th Final Four appearance, the most out of any college. UNC won by a final score of 88-74.

Midwest Region:  
In the Midwest Region finals, top seeded Virginia Cavaliers took on Syracuse. Syracuse beat Gonzaga in the sweet sixteen to get to the Elite 8. Virginia was ecstatic when Michigan State lost in the first round, as they would have an easier road to the final four. In the end, Syracuse pulled off an unpredictable upset over Virginia by a final score of 68-62.

Final Four:  
This year’s final four kicked off April 2, at the NRG Center in Houston. The Syracuse Orange, North Carolina Tar Heels, Oklahoma Sooners, and Villanova Wildcats were all among this year’s teams.  
The Final Four started off with an absolute rout by Villanova, destroying Oklahoma by a score of 95-51, the biggest margin of victory in Final Four history. Not long after, Syracuse’s championship run was ended by the North Carolina Tar Heels.  
The National Championship game was played between the UNC Tar Heels and the Villanova Wildcats. The game was an absolute thriller, going down as one of the best of all time. The first half was an up and down battle, ending with North Carolina leading 39-34. The second half was simply incredible basketball from both teams. With 1 minute and 38 seconds left the Wildcats led 70-64. After UNC trailed by three, Senior point guard, Marcus Paige, hit a nearly impossible shot to tie the game. Many thought the game was heading into overtime but Villanova had other plans when Junior Small Forward, Kris Jenkins, hit the game winning shot, winning Villanova the 2016 NCAA Championship.
**Women’s Soccer**  
by Shelby L.

She runs down the field - no women can catch up to her. It’s just between her and the goal keeper. She shoots, she scores, goal! Have you ever heard these words before? It’s from women’s soccer - not many people know it exists. If you know it’s there, do you watch it? Answer this question and carry this question with you for the rest of your life. What’s the difference between women’s soccer and men’s? The answer is, one has women and one has men. Do people like men’s soccer better because they think women are weaker than men? Or just because they think women are not as fit? If you think so you are wrong. Women can be as strong as men, as fit as men, and they strategize just as well as men. Go on the internet and look up girls’ soccer leagues. Look how few there are. Now, look up boys’ soccer leagues and compare the two. Big difference, right? So spread the word about women’s soccer and help this wonderful sport flourish.
Thank you for reading the Spring 2016 edition of the Jayhawk! We look forward to seeing you next year!