

Martin Luther King Jr. Day

By: Zachary

Every year, on the third Monday of January, we come across MLK Day. We celebrate it, know a little about it, but what is it really? Is MLK Day a day to have a party? Or is it a time to be sad? Is it a super important holiday, or just a small one?

MLK Day can bring different feelings. You might feel happy for your freedom, or sad because of his death. You could even be both. But who is this person anyway? Does he fight in the military, in **protests**, or something more? MLK (Martin Luther King Jr.) was a black protester. He fought for equal rights between the black and the white people of America. He was determined to put a stop to **segregation**. MLK made many famous speeches, including the “I Have a Dream” speech (available for reading on the next page). MLK did many peaceful protests with large crowds of people, ran **boycotts**, and more. However, he *never* hurt anyone with weapons.

The black were segregated from the white, making them walk farther for water, not be able to go to most schools, and not use the same hospitals. Even if there was a place that both black and white could go, the black were treated very badly. This is what makes MLK so famous - he fought [peacefully] to make a change. He wanted equal rights for *all*. He didn't want to make white suffer what the black did; he just wanted fairness.

However, when MLK finally succeeded in equal rights, he was shot on his apartment (the Lorraine Motel) in Memphis, Tennessee. This marked MLK's death on April 4, 1968.

The way he protested, and what he did, is what makes him so amazing, and gives him his well deserved national holiday.

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Vocabulary

Segregation: To be separated from another group.

Boycott: To not use something, forcing the product/service to change something else. (A type of protest.)

Protests: A way to show your disagreement; can be violent or calm (peaceful protest).

“I Have a Dream” speech (not full)

I have a dream that one day this nation will rise up and live out the true meaning of its creed, “We hold these truths to be self-evident, that all men are created equal.” I have a dream that one day on the red hills of Georgia, sons of former slaves and the sons of former slaveowners will be able to sit down together at the table of brotherhood. I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice. I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I HAVE A DREAM TODAY! -- MLK

Hawthorn Walk In Center

By: Zachary

This is no usual mental health urgent care center. Not only is this place **free**, it supports many different mental health issues. The location is 5240 NE Elam Young Parkway, Suite 100, Hillsboro, OR, and the name is the Hawthorn Walk-In Center. The open hours are 9:00 am to 8:30 pm. You don't need to schedule an appointment, and if you have questions, you can call the 24 hour Washington County Crisis Line at **503-291-9111**. You can visit the website at

www.co.washington.or.us/hawthorn. The center supports the following:

- Confused thinking
- Feelings of extreme highs and lows
- Social withdrawal
- Excessive fears, worries and anxieties
- Prolonged depression (sadness or irritability)
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Strange thoughts or beliefs (delusions)
- Seeing or hearing things that aren't there (hallucinations)
- Growing inability to cope with daily problems and activities
- Suicidal thoughts/actions
- Numerous unexplained physical ailments
- Substance use

Hopefully, you will not have to use the Hawthorn Walk in Center, but it is nice to know of its existence.

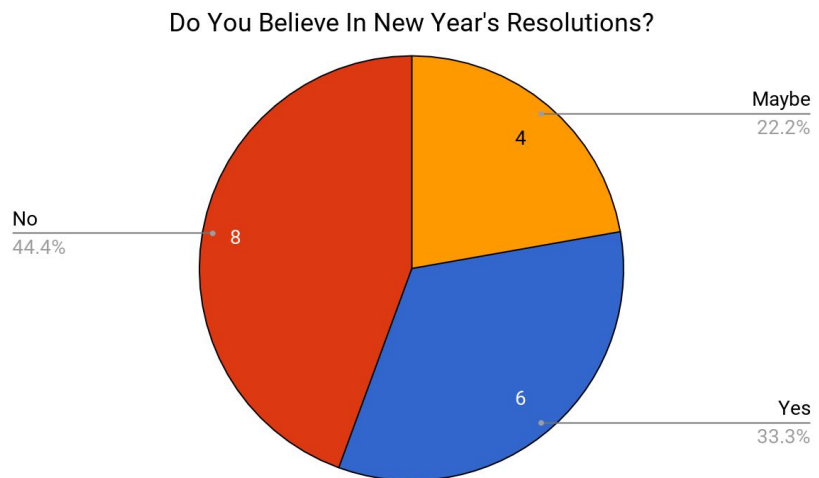
Hawthorn
WALK-IN CENTER 
Mental Health & Addictions Care

Do You Believe In New Year's Resolutions?

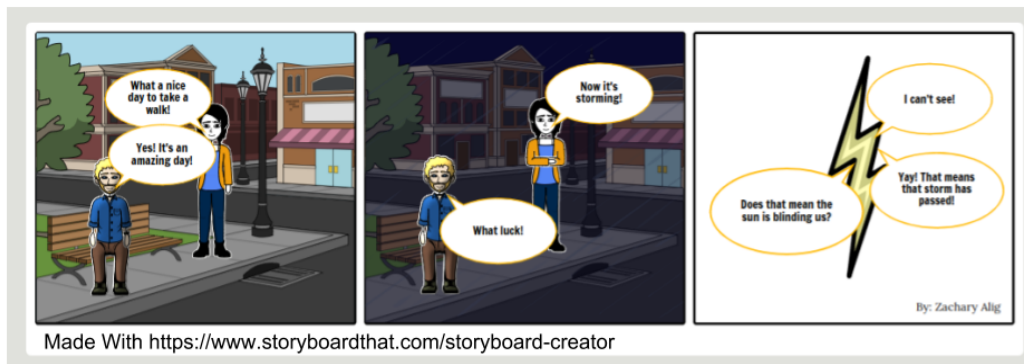
By: Zachary & Micah

Every year, many people start a New Year's Resolution. A New Year's Resolution is a list of things you want to do in that year. One of the most common resolutions is, "I plan to work out more," which you might see on commercials. Do you make a resolution each year, and try to follow it in the year? A resolution can be anything from scoring some amount of points in basketball to learning to ride your bike without training wheels. What do you think? Do *you* make New Year's Resolutions? To vote on this debate as well as others, go to <http://newspaper.luner.x10host.com/vote.html>.

We asked the staff of North Plains. Here are the results. →

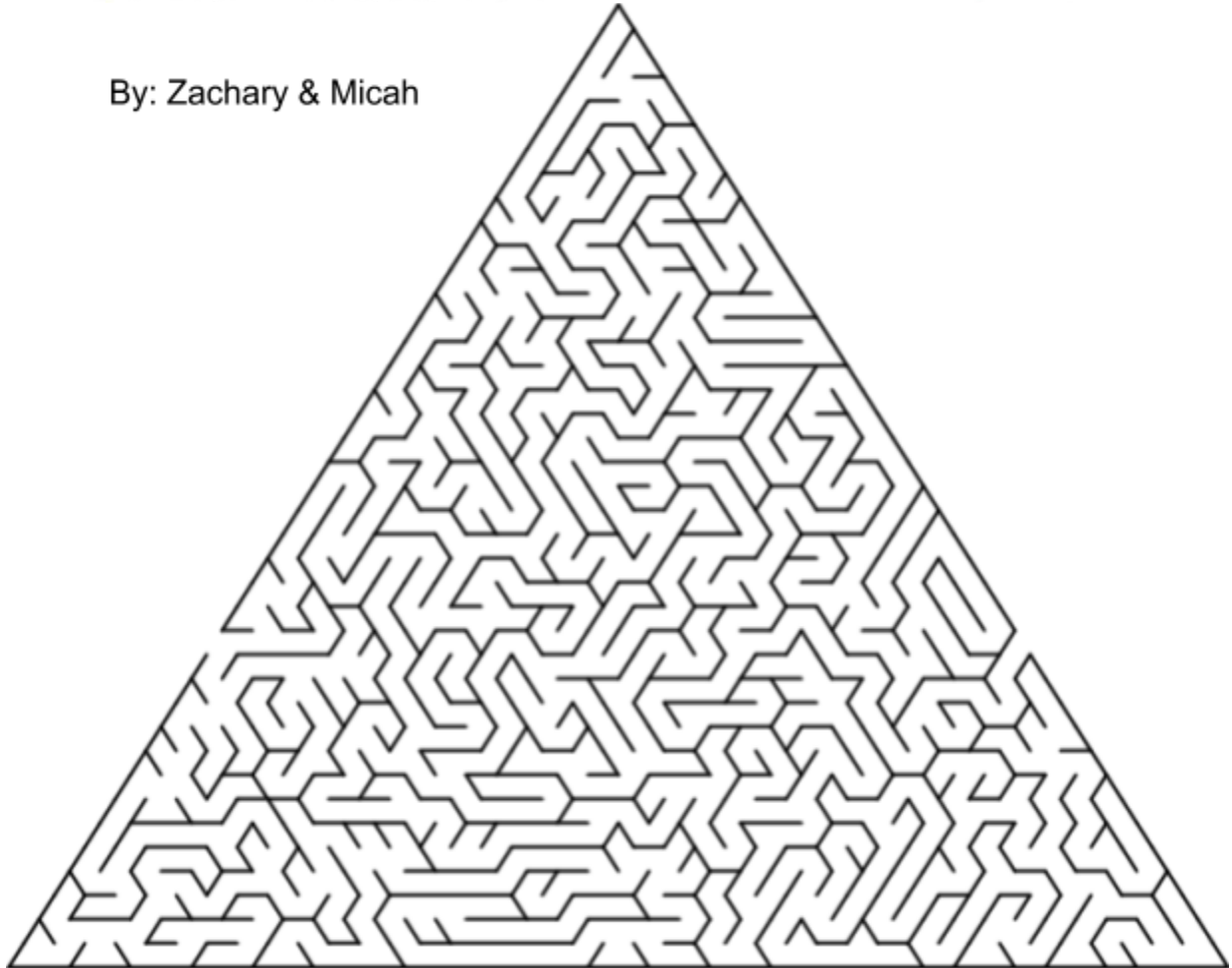


Humor





By: Zachary & Micah



Made With <http://www.mazegenerator.net>

Premier League Standings

By: Micah

The Premier League is the top level of English soccer (football) system. 20 clubs compete in the Premier League, including Liverpool, Arsenal, and more. The Premier League had its first season in 1992-1993, and the winners were Manchester United.



This season, Manchester City is number one, followed by Liverpool and Tottenham Hotspur. These contenders most likely will make the final, but other close teams could, as well. There are still many matches to come before the final. Who will make it to the Premier League Championship? We have many contenders, but surprising games may occur. Matches are listed below.

February 22		February 24		February 27		March 2	
Time	Game	Time	Game	Time	Game	Time	Game
11:45 AM	WHU v FFC	6:05 AM	ARS v SOU	12:00 PM	LIV v WAT	4:30 AM	TOT v ARS
11:45 AM	CCF v WAT	6:05 AM	LIV v MUN	11:45 AM	SOU v FFC	7:00 AM	MUN v SOU
February 23		February 26		11:45 AM	ARS v BOU	March 3	
Time	Game	Time	Game	12:00 PM	MUN v CRY	Time	Game
4:30 AM	TOT v BFC	11:45 AM	WWF v HTF	12:00 PM	MCI v WHU	8:15 AM	LIV v EVE
7:00 AM	BOU v WWF	11:45 AM	BHA v LEI	12:00 PM	TOT v CHE	6:05 AM	FUL v CHE

Note that there are multiple games at most times, but most likely on different channels.

Organizational Tips

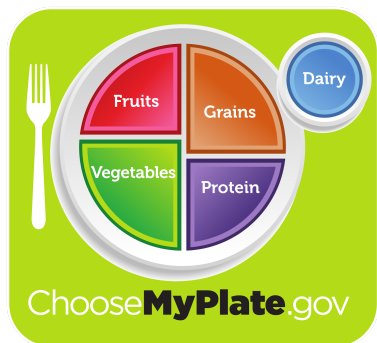
By: Aidan

Is your room or desk always dirty? Here are some tips to help you stay organized in school and at home. Organizational problems can happen at school, too. Is your desk super dirty and messy? To fix this, first put all your text books in a corner of your desk, and then put the remaining papers in folders that match the subject (for example, you would put a math worksheet in a math folder). A different way to stay organized in your bedroom is to get all of your toys off the floor and put them in a corner or in a bucket or shelf of your room. If you do not have a bin or an available corner then put it in a designated place in your closet. Also, anything that is on your floor; such as blanket for your bed or a sheet; put it back on your bed and make your bed. Some tips for cleaning your desk is to take all your loose papers and sort them out in what you need and what you don't need. For the papers that you do need, put them all in a folder for the subject. These are some organizational tips for school and for home!!!

Healthy Habits

By: Ella

Healthy habits are extremely helpful and good to have. Being active and living a healthy lifestyle can help make your body less vulnerable to illnesses which would be really helpful, especially since it's flu season. There are many ways of staying healthy like apps or going to the gym. Even just eating healthy foods can improve a person's health. One app is called MyFitnessPal*. MyFitnessPal is a calorie counter and diet tracker. This is an app that lets you input what you eat, it stores the data and puts it on a pie graph. Looking at what you eat is very helpful because if you see that you are low on something, such as fats or vitamins you can go eat it and be healthy. Another app called My Water* tracks how much water you drink. You set a goal, then throughout the day when you drink some water, you put into the app how many ounces you drank. There are different options like juice and coffee that you press if you drank some. This is important, because the average person is advised to drink at least half their body weight (in ounces) per day. For example, if you weighed 100 pounds, you should drink 50-100 oz per day. The app is by Vikto Sharov, who has made other fitness apps.



Eating vegetables and fruits daily is also a good thing to do, along with working out often and getting enough sleep. Doing yoga before sleeping helps with your sleep and relaxes you. Also, drinking water when you wake up will most likely make the morning easier. This is because when your dehydrated you become more tired. Just doing one of these things will be a milestone in staying healthy.

*The links for these apps are available online at newspaper.luner.x10host.com/links.html.

Super Bowl Review

By: Micah

Super Bowl LIII aired on February 3, 2019, and the two teams fighting for the Super Bowl Championship were the LA Rams and the NE Patriots. The game was the lowest-scoring Super Bowl ever, with the final score 13-3. It was 3-0 at the end of the first half, and the Patriots were in the lead. In the second half, LA Rams kicked a field goal, tying the game. Eventually, the Patriots scored a touchdown, then another field goal. The Rams finished going for a field goal for hope that the Patriots would fumble when they kicked off, but they had no such luck, and the kick was no good. The Patriots won the Super Bowl, and the MVP was Julian Edelman of the Patriots.

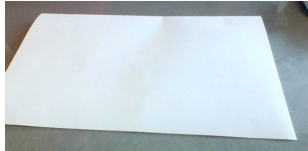


Origami: Wallet

By: Zachary

Requirements: Letter paper (8.5 x 11)

1. Fold the paper hamburger style.



2. Fold each side onto itself.



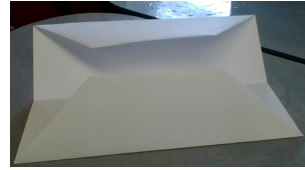
3. Fold the bottom of each side up a little.



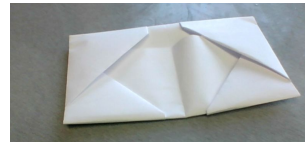
4. Fold the corners up to the top side.



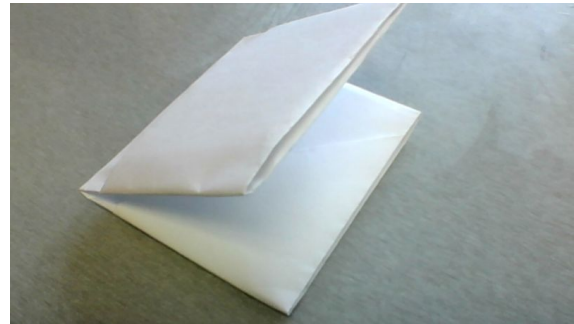
5. Open up the paper and fold in on the lines created in step 2.



6. Turn over the paper and fold the ends into each other.



7. Fold the ends together.



Weather



By: Zachary

The weather is predicted to continue with rain, while the temperature is averaging around 39°F, so remember to dress warmly! There may be some thunderstorms soon, as well, with possible snow.

Recognition

By: Ryan

Generosity is for the kind, and perseverance is for the hard working. Each month each staff member gives out 1,2 or 3 awards to students that have generosity or perseverance. To get one of the awards you have to be really generous to other students and peers. Each month the award changes. These are the shining stars for January and February:

Mrs. Monahan	Kallise, Ruby, Skye
Mrs. Debolt	Lillian, Treston
Mrs. Worthington	Zoey, Emilia
Ms. Smith	Savannah, Kiana, Ryan
Mrs. Gale	Yuna, Hank
Mrs. Emberlin	Naomi, Wyatt, Cari
Ms. Job	Casen, Kaidance, Erica
Mrs. Underhill	Landon, Tyler, Ryleigh, Alec, Marshall, Scarlet
Mrs. Phipps	Kaylee, Alice, Omar, Andrew
Mrs. Ravins	Connolly, Kaleb, Gracie, Lilly
Mr. Mac	Nate, Jacob
Mrs. Richter	Cecily, Christopher, Addisyn, Logan, Cole
Mrs. Chronister	Montana, Ryan, Lilly, Micah, Phoebe, Cheyenne
Mrs. Schwartz	MaKenzie, Daniela, Kopton

Ways to Reduce use of Plastic

By: Sophia

Let's face it, the world is addicted to plastic. Almost everything you see is either completely made of plastic or has some in it. Luckily, there are some easy ways to help reduce our use of plastic. This first one is very simple; all you have to do is reuse the bags you get at stores. You can also bring your own bags (like cloth bags), which can be reused many times. Another way to reduce your use of plastic is to stop using plastic straws. If you absolutely need a straw you can easily purchase one made of glass or stainless steel that you can reuse. You can also purchase items that come in cardboard boxes instead of plastic containers. Some drinks also come in glass bottles that are also reusable. If you ever get takeout you can request for them to not give you plastic utensils with the food.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Dr. Seuss Day Green Eggs & Ham Hot Dog Grilled Cheese with Tomato Soup
4 Scrambled Eggs with Pancakes Corn Dog Bites Homemade Pizza, Cheese or Pepperoni	5 Teriyaki Chicken over Brown Rice Chicken Nuggets Yogurt and Granola, 1 oz	6 Chicken Quesadilla Chicken Burger Cheese Stuffed Sticks with Marinara Sauce	7 Chicken Breast Filet with Mashed Potatoes Chicken Gravy and Homemade Dinner Roll Hamburger Cheeseburger PBJ, Grape Jelly or Strawberry with Goldfish Pretzels	8 Fish Sticks with Homemade Italian Breadsticks Hot Dog Grilled Cheese and Tomato Soup
11 Macaroni & Cheese Corn Dog Bites Cheese Pizza Pepperoni Pizza	12 Orange Chicken over Brown Rice Chicken Nuggets Yogurt and Granola, 1 oz	13 Burrito Chicken Burger Cheese Stuffed Sticks with Marinara Sauce	14 Country Fried Steak with Mashed Potatoes Country Gravy and Homemade Dinner Roll Hamburger Cheeseburger PBJ, Grape Jelly or Strawberry with Goldfish Pretzels	15 BBQ Rib Sandwich Hot Dog Grilled Cheese and Tomato Soup
18 Scrambled Eggs with French Toast Sticks Corn Dog Bites Homemade Pizza, Cheese or Sausage	19 Teriyaki Chicken over Brown Rice Chicken Nuggets Yogurt and Granola, 1 oz	20 Crunchy Taco with Spanish Rice Chicken Burger Cheese Stuffed Sticks with Marinara Sauce	21 Chef's Choice with Mashed Potatoes Country Gravy and Homemade Dinner Roll Hamburger Cheeseburger PBJ, Grape Jelly or Strawberry with Goldfish Pretzels	22 Chef's Choice Hot Dog Grilled Cheese and Tomato Soup
25	26	27	28	29
Spring Break				

← **March Lunch Menu**

How To Relieve Stress

By: Andres

Something we have all felt is stress. It can come from school work, family, friends, or even jobs. Stress can be very harmful, causing headaches or other health problems. Instead of allowing the stress from things to control you, you can instead try some of the following methods to prevent stress.



One way to prevent stress is to try to calm down and surround yourself with people or things that make you happy. The reason most people are probably stressed is because of something that they feel is annoying. If you feel like something is annoying you, you can try to find things to do that have nothing to do with whatever is annoying you. Some ways that people can calm down are by listening to music, focusing on a different thing, think of what will happen after your done stressing out. If you are stressed out and mad at someone or something, try to stay away from that person for a while.

Another way that many people relieve stress is to remember that you do not have to do everything. If someone asks you something you don't always have to do that thing. Many people stress from having too much work and you can just simply stop doing some of those things.

A tip for stress: If you are stressing out during a test or something, stress balls are very stress-relieving. These "balls" can be in the shape of anything, but they all are super squishy. You can find these items at the Dollar Tree or someplace else. They are very cheap, for really effective stress relief!

One last way to stop stressing is art. There are a lot of ways to use art to stop stressing. A very effective way is to draw something that you like or that comforts you. Some things that you can draw are animals, food, or nature. Another effective way to use art as a stress reliever is to just draw random things. You can just scribble on a piece of paper until you aren't stressed about whatever is stressing you out.

If you ever feel stressed out, then you might be able to use any of these ways to prevent yourself from stressing out.

What's Wrong?

3 things you eat that are much worse than you think.

By: Jonas

Do you like bacon? What about hot dogs? Well, did you know that those are both number one known carcinogens? Carcinogens are something that is capable to cause cancer in living tissue. But don't let me continue on some of America's favorite foods, time to move on.



Number one is, well, still bacon. There are some serious problems with this. It's not just the fact that these things are very unhealthy, but more about the fact that some materials in bacon can cause cancer. It's not that if you have ever eaten bacon, you'll get cancer, but the more bacon you eat, the worse the chances get that you could get cancer. The same situation goes with hot dogs, which is second.

Number two is hot dogs. These have almost all of the same problems as bacon, but people have contests with these where they stuff 30 hot dogs in their mouth and swallow in under a minute. People take this food as the national one, which doesn't help America's reputation in eating unhealthy foods. But how most know almost nothing about the issue is probably the most terrifying part.

The third thing is a Big Mac. Did you know that a lot of sugar means a lot of insulin to counteract it, and the insulin makes you feel hungry, so you won't have the satisfaction of feeling full. Not to mention that the Big Mac has 79 milligrams of cholesterol, which increases the risk of a heart attack. Not to mention the immense 1,007 milligrams of sodium, which could cause dehydration.

Some things we eat every day aren't anything they claim to be, and we need to be careful of that. You can check the nutrition facts, eat more natural food, and do some research, and you can end up just fine, but remember not to eat everything. It's also important to keep a balanced diet, so try to be careful what you eat, and don't always eat what other people are eating.

Submit Your Art Piece For A Chance To Make
It Into The Newspaper! (Online at
www.newspaper.luner.x10host.com/art.html.)

ART



By: Micah

Cut Paper Darth Vader

1. Wrap tissue paper over a canvas
2. Cut pieces of paper in the shapes above
3. Arrange the pieces of paper like above
4. Check and glue



By: Sophia



By: Zachary

Collage

1. Cut pieces out of magazines or construction paper
2. Arrange into your chosen picture
3. Glue down and let dry

Healthy Recipes:

By: Micah

APPLE CHIPS

Cut an apple into thin slices. (Optional: Drizzle on honey.)

Bake the slices in the oven until crisp and golden brown in some places.

POWER SMOOTHIE

Ingredients: 1 tsp Chia seed, 1 spoonful of peanut butter and yogurt, ½ cup blueberries, one banana. Blend in blender until smooth.