

Lion Leader Press

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Stay Healthy During Cabin Fever Months

JOURNALISTS

Avery Conklin
Lauren Criswell
Boden Cumming
Abby Foster
Monica Heuermann
Henry Johnson
Kendalyn Jones
Malcolm LaCour
Liam Moore
Lily Moore
Meklit Seme
Tsedenyah Seme
Grant Tullis
Justin Woodland

COMING UP

Events happening in February:

Feb.1 Mercury Gym
Feb. 7 Fire Drill
Feb.8 Early Release and Spirit Day
Feb.13 Lock Down Drill
Feb.14 Spirit Day and Valentine Party
Feb.22 Leadership Luncheon and Student Showcase
Feb.23 Spirit Day

During the cold winter months more people get sick. Why? When the air is cold and dry flu germs stay in the air longer. In fact, the word *influenza* is an Italian word that means “influence of the cold”. The flu is a common respiratory virus. Symptoms of flu are usually fever, chills, muscle aches, cough, congestion, runny nose, headaches and being tired.

But how do you know that you have the flu and not a cold? Well, we’ll tell you! Cold symptoms are usually milder than the flu. People with colds usually have a runny or stuffy nose. 49 states including Puerto Rico are reporting widespread flu outbreaks. That makes it very vulnerable to all.

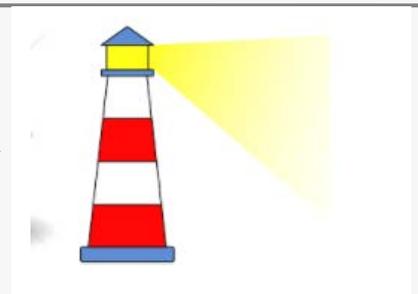
So how can we stay healthy? First, always wash your hands! All the time! Never put your fingers in your mouth. Get plenty of rest and eat healthy food. If you do get the flu, or any sickness, stay home and rest. Don’t try to do your normal activities, that will make your recovery longer and you will also spread germs to others.



(By: Monica Heuermann, Kendalyn Jones, Lily Moore, & Grant Tullis)

Habits at School:

Seek first to understand then to be understood. That’s a lot to say! It’s not hard to remember though. First you try to understand what the other person is saying. To do this, you have to listen and not talk. Next, think about what the other person is saying. Then, you share your ideas and last you act. When you practice this habit you get along better with others. (By: Malcolm LaCour)



Did You Know? (By Avery Conklin, Boden Cumming, Lily Moore, & Meklit Seme)

Have you ever heard of Groundhog Day? On February 2nd one special groundhog, Punxsutawney Phil, will appear in Punxsutawney, Pennsylvania. According to the legend, if he sees his shadow we'll have 6 more weeks of winter. If he doesn't see his shadow we will have an early spring!

But Phil is not his only name. He is also called, Seer of Seers, Sage of Sages, and Prognosticator of Prognosticators. Another name is Weather Prophet Extraordinary which makes his hometown the Weather Capital of the World.

Groundhog Day as we know it began around 1887 being celebrated by German communities in Punxsutawney, Pennsylvania. But, its roots go back hundreds and even thousands of years.

The holiday has origins in the ancient Celtic festival of Imbolc, which was held Feb. 1, halfway between the Winter Solstice and the Spring Equinox.

Today, over 40,000 people come together to hear what the groundhog has to say.

Want to celebrate Groundhog Day? Make this fun treat:

Dirt Pie

- 1 large package Oreo cookies
- 1 c. powdered sugar
- 1/4 cup softened butter
- 1 (8 oz.) pkg. softened cream cheese
- 2 packages of instant vanilla pudding
- 3 1/2 c. milk
- 12 oz. container of Cool Whip



Crush Oreo cookies in food processor or with a rolling pin until cookies are fine crumbs and set aside. Mix butter, cream cheese and sugar together until smooth. Mix pudding with the milk, then blend in the Cool Whip. Combine pudding and cream cheese mixture together until lumps are smooth.

Dirt Pie can be made in a rectangular 9" X 13" pan or in individual clear cups, layer the cookie mixture and pudding mixture, leaving enough cookie mixture for the top.

Add some paper groundhogs on popsicle sticks and ENJOY!

Groundhog Trivia

- All groundhogs have 22 teeth.
- Groundhogs whistle when alarmed or when they are courting.
- A groundhog is a vegetarian and eat greens, fruits and vegetables.
- The average groundhog weighs 12-15 pounds, but Punxsutawney Phil weighs 20 pounds.
- Groundhogs hibernate and each one has his own burrow.
- Groundhog burrows have two doorways.
- Groundhogs can swim and climb trees
- Groundhogs can run up to 9 miles an hour.
- A baby groundhog is called a kit or a cub.
- The average life span of a groundhog is 6-8 years.
- Groundhogs can lose half their body weight during hibernation.
- They don't taste like chicken.



- A. What did one watermelon say to the other on Valentine's Day?
B. What's the difference between \$20 for a steak and \$55?
C. What is the perfect thing to say to a coffee lover on Valentines Day?

A. You're One in a Melon B. February 14th C. Words cannot espresso how much you mean to me.

Valentine's Day Science Experiment

- Fill a clear glass with 7-Up, Sprite or other carbonated drink.
- Drop a handful of candy conversation hearts into the soda.
- Watch the hearts dance up and down in the carbonation.

The carbon dioxide picks them up and throws them to the top of the glass. When they reach the top, the bubbles burst and the candy works its way down again.



Valentine's Day

Every February 14th, across the US and other places around the world, candy, flowers, and gifts are exchanged between loved ones. All in the name of Saint Valentine. But who is this mysterious person? Why do we celebrate Valentine's Day?

From February 13th to 15th, the Romans celebrated the feast of Lupercalia. Emperor Claudius II executed two men, both named valentine. On February 14th different years in the 3rd century A.D. Their martyrdom was honored by the Catholic Church with the Celebration of Saint Valentine's day.

Why do we hand out candy on Valentine's Day? Well Chocolate in particular is a sign of affection, attraction, deep love, luxury, and passion. It also has a huge impact on apologies. If you give them to your special someone they will appreciate it. Candy is also a sweet treat to have on this sweet day!



By: Henry Johnson & Justin Woodland

