



January 2022 Issue

Harrington School Newspaper

Contact us: hmspawprints@mtlaurelschools.org

Advisor - Mrs. Poulton
Logo Designer - Finn Waldorf

January Fun Fact--The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!



Remembering MLK

By Paw Prints Staff

“Life’s most persistent and urgent question is, ‘What are you doing for others?’

– Rev. Dr. Martin Luther King Jr.

Did you ever wonder why we have off of school on the third Monday of January? This day is a federal holiday dedicated to the celebration of Martin Luther King, Jr. The holiday was first created to commemorate MLK’s birthday, but it is now a day dedicated to encouraging and empowering Americans to participate in community service.

You can participate in honoring Dr. Martin Luther King, Jr.’s legacy by signing up to volunteer for a local, regional, or national organization, bringing people together to create and register your own project, or even donating to a cause of your choice. Instead of considering this day as a day “off”, let’s make it a day “on.” Help to carry on MLK’s dreams and do something good for the world. Remember that **every** day is a good day to make a difference.

Teacher Talk: January Edition

By: Tessa S. & Anika T.

1. Do you have any New Year's resolutions? If you have any, what are they?

Mr. Caltabiano: "To lose weight."

Ms. Blood: "Go to bed earlier & read at least one book a week."

Mr. Hoover: "Never to make New Year's resolutions."

Ms. Rumpf: "Not this year, just going to go with the flow."

2. What is your opinion on snow and the cold weather?

Mr. Caltabiano: "I hate it!"

Ms. Blood: "Love the snow!"

Mr. Hoover: "An occasional snowstorm is fine, but I could do without it."

Ms. Rumpf: "I LOVE the snow! Winter is my favorite season!"

3. What are you most excited for in the New Year? Why?

Mr. Caltabiano: "To go to the Poconos."

Ms. Blood: "New opportunities & new experiences."

Mr. Hoover: "Hopefully a return to normal and an end to Covid."

Ms. Rumpf: "My first baby! I'm excited to be a mom and all the learning experiences to follow."

4. Do you have any New Year's traditions? If so, what are they?

Mr. Caltabiano: "Not really."

Ms. Blood: "No."

Mr. Hoover: "Not really. In the past, we had an early dinner and watched a movie."

Ms. Rumpf: "No. :("

5. What is your favorite winter activity?

Mr. Caltabiano: "Stay inside and watch a movie."

Ms. Blood: "Reading by the fireplace."

Mr. Hoover: "Keeping warm."

Ms. Rumpf: "Hiking with my dog."



Top Ten New Year's Resolutions for 2022

By Kaley U.

We all know it's 2022 and we've all made our fair share of resolutions. BUT most of us never followed through with them. So here are some of the most popular resolutions of 2022.

1. Lose weight
2. Eat healthier or change diet
3. Get fitter and take more exercise
4. Spend time with family and friends
5. Be more aware and take care of mental health
6. Sort out finances and cut back spending
7. Travel more
8. Take up a new hobby, sport or other interest
9. Be more environmentally friendly
10. Get good grades

Research shows that 46% of people do keep resolutions for at least six months, and 8% keep them for the entire year. That 8% might seem small, but people who choose to make a New Year's resolution are 10 times as likely to keep them over those who pursue improvement in another way. ... New Year's resolutions can work.

6 Crystals You NEED for 2022

By Ellie S.

- **Amethyst**
 - physical and emotional healing
- **Citrine**
 - cultivates positivity
- **Jade**
 - helps with manifesting good luck and courage
 - encourages honesty, self-love, and self-acceptance
- **Moss Agate**
 - new beginnings
- boosts self-esteem
- **Selenite**
 - cleanses and charges other crystals
 - peaceful environment
 - personal transformation
- **Smoky Quartz**
 - promotes positive thoughts and actions
 - disperses fear
 - relieves stress and anxiety

Let's Talk About Grief

By: Joyce M.

Grief. What is it? What does it do to us? How do we handle it? Those are all questions that will be answered in this article. What is grief? According to the dictionary on google, "Grief is a deep sorrow, especially that caused by someone's death," If you can't understand what that means then let me evaluate it for you. Grief is a very deep sadness or depression that is caused when somebody dies. It can be someone who you know or even a celebrity you look up to. Grief is different for everyone; it can last for weeks, months, and even years. No one is the same.

What does grief do to us? It can do a lot of things. It can cause changes in the brain and the body. Some examples are memory behavior, sleep, and body function. Sometimes grief can cause denial or disbelief, shock, anger, or even guilt. If you're ever experiencing these feelings and even questioning if the person's death has to do with you or feeling guilt and blaming yourself. It's not your fault.

How do we handle grief? We can handle grief in so many ways. It's mainly how you react to the situation. I'm not saying you're not allowed to feel sadness if you lost somebody you really loved, but when you are in the type of situation where you need to make sure that you talk to someone, I fully understand that it's hard to open up but I promise you it's going to be worth it in the end. Believe it or not, but I'm currently facing grief. Over the summer I lost someone that was very important to me and it was just so upsetting to believe that the person was gone but after talking with some counselors and family members, it was like it was all gone. Grief doesn't go away it comes and goes and some ways you can help yourself when those feelings come is keeping a grief journal when those feelings come rushing back into your mind.

Grief is obviously a topic that we don't usually talk about and this is one of the reasons why I wrote this article. It's supposed to educate people on grief and share a little bit of my experiences with it.

Support Links to help with grief

<https://www.griefshare.org/>

<https://www.compassionatefriends.org/find-support/online-communities/>

<https://www.griefincommon.com/>

Volume 3:

COVID vs. Other Viruses

Third variant? Third surge? I guess three is a lucky number, or not so lucky. COVID-19's new Omicron variant has been plaguing the world. Cases are at all-time highs and schools are being threatened to shut down again. But how deadly is this new variant and how is it going to affect us?

Omicron's symptoms are listed as cough, runny nose, scratchy throat, and headaches. These are wildly different from those of the COVID-19 that we were all originally exposed to. But what has caused this virus to deplete to what seems to be a bad cold? It all comes down to what it is, a virus. The general evolution of viruses goes something like this: A virus is “born” and latches onto a host. The virus hijacks the body's cells to create copies of itself because, despite contrary belief, viruses are not living and cannot reproduce without a host. As viruses spread, they mutate, thus Delta and Omicron. As vaccines are created, viruses mutate even more to create a more resistant variant. Throughout this time, viruses are usually at their most deadly. As they continue to mutate and herd immunity rises, they die down. This can be seen in common illnesses such as the flu or common cold. Despite their highly transmissible rate, the number of those who die from these illnesses every year is astronomically less than when they were first introduced.

Look at the Spanish Influenza pandemic from 1918-1920. There were an estimated 500 million cases, about $\frac{1}{3}$ of the world's population of that time. At least 50 million were left dead, ranging from infants to elders. What was influenza? The common flu that millions of people get worldwide every year. Because the flu has become such a normalized part of society, especially in the winter months, sometimes we forget that the world reacted the same way to that pandemic as we are to ours!

Now again, Covid is still new, still scary, and still is potentially deadly. However, if we take a step back and look at past instances similar to our own, there is a common trend to be followed. One that Covid- despite its ability to surpass anything that scientists had in mind-is very unlikely to break.

Facts on COVID-19

By Anika and Tessa

How does the virus spread?

- By breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus;

- Having these droplets and particles land on the eyes, nose, or mouth:
- Or touching the eyes, nose, and mouth with hands that have the virus on them.

How to keep yourself safe from the virus?

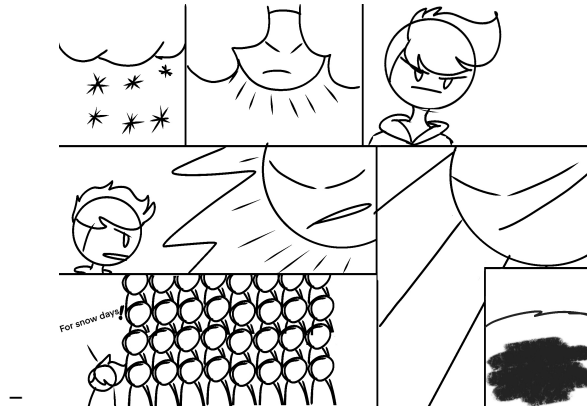
- Wash hands with soap and water for at least 20 seconds. If soap isn't available, use a hand sanitizer with at least 60% alcohol.
- Stay home if you're sick.
- Avoid touching nose, eyes, and mouth. Use a tissue to cover a cough or sneeze, then dispose of it in the trash.
- Wear a mask that fits snugly over your nose, mouth and chin.
- Keep about 6 feet between yourself and others.
- Use a household wipe or spray to disinfect doorknobs, light switches, sinks, toilets, cell phones, and other objects and surfaces that are frequently touched.
- Create a household plan of action in case someone in your house gets sick with COVID-19.
- Plan visits with friends and family outdoors if possible.
- The CDC also recommends avoiding travel.

Facts on the virus

- In the U.S., three vaccines are being administered from Pfizer-BioNTech, Moderna, and Johnson & Johnson.
- More people are getting Covid-19 twice.
- 2.05M people got tested positive for Covid-19 in New Jersey.
- 334M people tested positive for Covid-19 all around the world.
- There is a new variant of Covid-19 and it is called Omicron.

Middle School Madness

By Moxie



January Book Review:
***First & Then* by Emma Mills**
By A.C

Recently, I read *First & Then* by Emma Mills, a fast paced novel with some romance mixed into it. If you are looking for a quickread solely for entertainment, this is the book for you!

This story follows Devon Tenneyson, a senior who always thought of herself as another ordinary, typical student. Her life is exactly what she wants it to be, enjoying her final year with her best friend Cas (whom she has been crushing on for the last three years), without a thought of what life will be like after highschool. However, when her cousin Foster moves in, she fears the changes that will come with having a new little brother. On top of this, Cas is slowly drifting away from her, and is drawn to Lindsay Renshaw, a girl that simply couldn't be closer to perfect. Devon has trouble facing so many changes at once and misses Cas. However, as Devon watches the relationship between Lindsay and Cas grow, she often finds herself around Ezra Lynley, a football superstar whom she had always thought of as a flaunting jerk. They become fast friends, and Devon soon finds herself falling for Ezra. However, when complications and misunderstandings involving Lindsay get in the way of their friendship, Devon wonders if Ezra actually likes her.

This book was a pleasure to read, though it did have some flaws in my opinion. Firstly, Cas and Devon's friendship didn't really have any closure to it. They had an argument near the end of the book, and it was never properly addressed. I think it



should have been resolved or discussed since Cas was a pretty important character throughout the story. In addition, I also wish Ezra and Devons relationship was officiated earlier in the book. It was confirmed at the very end of the story, leaving readers without any clues of what their bond looked like as a couple.

Overall, this book was still very entertaining to read, and I would recommend it to anyone who likes the aspect of romance in a book to be more prominent.

THE HIDDEN LORE BEHIND MINECRAFT- FINALE PART

Picking up off where we left off last time, the remaining ancient builder discovered the outer end islands. He used his axe on a giant purple plant that was there, and it popped into stacks of a new food named Chorus Fruit. Whenever he ate it, he teleported. Although he had no other choice, as his food supply was running low. As he explored, he had a weird feeling brewing inside him. Almost like a sickness. He didn't need to throw up, but it was weird. He trudged on through the yellow-tinted blocks, and came across a pile of Purple Blocks. He figured he would build a house. And so he did. It turned out that he used some End Stone beneath him as well. And once he was finished, he ate a chorus fruit. However, this would be a terrible mistake. It would turn him directly into a Shulker.

A few years later, some other ancient builders went and continued the End City. They even got to the point of reaching the limit of the sky, in the form of the Elytra. However, Shulkers plagued them. They figured out that the shells of those Shulkers could be turned into portable containers, however. Eventually, from eating too much chorus fruit, they turned into Shulkers as well. Those shulkers lost all of their loot within chests.

In a few years, even MORE builders came in and developed the Ender Chest. They placed them inside the structure, and used them as a kind of Cloud Storage for items. They continued the End Cities, and got them to the point of creating floating ships. They spread out across the entirety of the outer end islands. They had big plans. However, like the others, they

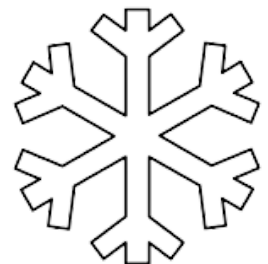
turned into shulkers. Meanwhile, in the overworld, there was a zombie plague. All ancient builders died. Except for 2. A man named Steve, and a woman named Alex. This leaves you, the player, to create as much as you can. Using the technology of the Ancient Builders, you

can thrive. Now, this doesn't mean you have to do good things. For example, you could just go to a village and blow the entire thing up... maybe the ancient builders should've stayed and not let the players take over?

THE END OF THE STORY

Your Monthly Puzzle

By Olivia A.



cold	evergreen	frozen	january
mittens	snowangel	snowball	snowboarding
snowday	snowflakes	snowman	snowy
toboggan	warm	winter	icicle

Words can be horizontal, vertical, diagonal, or backwards

Life of a Middle Schooler

By Aiden C.

Hi all! I'm a **Jack of all trades**, so I can do something else. Read my story and fill this form out online if you want me to continue with this story or start something new.

<https://forms.gle/bnFTqJqRYyaFdfYU6>

"Alright B-day," Jack said. He raced down hallways filled with students. Jack put his stuff in his locker and zoomed into the gym, loud and filled with chatter. He looked around, and he saw his best friend, Amy. She doesn't like all of the noise. Jack ran over to her and his friend Jonathon hoping to help her out.

"Alright! Get to your squad lines!" The gym teacher yelled into the microphone. Everyone scurried into place. Jack sat behind Jonny, on his right Amy, on his left... the big jerk, Sid.

The gym teacher picked team captains for Basketball. Jack mumbled under his breath. After all, he wanted to do pairs because he was more likely to be with Amy. He hoped someone would pick him to tell them to pick Amy, but he knew no one would. Everyone knew that he sucked at basketball. He even made jokes about the fact that he sucks. Amy got picked. "Great, now what am I going to do? Wait, it's Tyler." Jack waved his arms in the air hoping that Ryan would pick him.

Ryan said, "Jack!"

Jack smiled and ran over, weaving through everyone else. "Well, Hello everyone." Everyone looked at Ryan, because it was obvious that there were better people to choose from. "Chill guys, I know what I'm doing," Ryan said, hoping that everyone understood, "also, he is the quickest one here. He came right in like five seconds."

Luckily Ryan didn't know why Jack wanted to be picked. There was a glimmer in Jack's eyes. Sadly the gym teacher chose Sid for his team. The gym teacher selected him because no one wanted to pick him. "*He is the worst person for basketball after all.*" Jack thought, smiling, but the glimmer in his eyes shined a little less.

For the team, Jack took the bench for the first game. Luckily Amy was sitting out as well. He walked over and said, "Hey, how are you doing? Sid is a jerk, do you agree?"

"Yeah I can't believe that he quit halfway during football," Amy said.

"So how are you A-" Jack asked.

"Stop draining my social battery!" Amy said in a surprisingly snarky tone.

"How low is it?" Jack asked.

"50%, and most of it was drained by you." Amy replied.

Jack was shocked by her weird response and tried not to talk to her, but it was so hard. The buzzer went off. Jack swapped places with someone from the team, and ran onto the court.

Hi there! The writer here. Do you like it or hate it? I'll continue the story if you like it! [The Majority Wins](#), so vote now to see if I continue this! The form is right here! → [The form for me!](#)

Chapter 5- Fuzz Face

By G.

See the last edition of [Paw Prints](#) to catch up on [How to Use Superpowers 101!](#)

River's POV

"River, I'm not sure that's a good idea..." Birb said. "I mean, he could get hurt or something."

"But it would be *fun*!" River protested. "Can we *please* have Danger train with us?"

"They're not wrong, Birb. Plus, Danger knows martial arts. He could teach us so that he could have combat skills." Mae said. Danger just stood there, watching the conversation play out.

"Fine, but we have to be careful." Birb said hesitantly. Mae and River both celebrated, high-fiving each other. Birb looked over at Danger. "As long as it's okay with you, we would like to have you train us," he said.

"Yeah it's cool with me!" Danger said. "When do we get started?"

"Tonight!" River said. They were super excited to learn martial arts and hopefully make friends with Danger.

.oOo.

River's POV

After a few hours of training, they finally called it a night and headed towards home. Danger had left earlier, but not by much. By the time Birb, Mae, and River got back to the apartment, it was already around 2:30 in the morning.

"Today went well, I think," Mae said, slumping into the cushions of the couch. River and Birb both sat down beside them.

"Yeah I really enjoyed learning martial arts!" River said. The three of them talked for about thirty minutes before each heading to their rooms to get some sleep.

The next day was a Saturday. Birb was the first one to wake up, then River, then Mae finally woke at two in the afternoon. Before Mae had woken up, River and Birb were practicing using their powers. Birb was starting to get the hang of using

his power. He could turn into things like small dogs and cats now.

By now, Mae and Birb were sitting on the couch and River on the chair, all on their phones. It really was just a normal Saturday.

River got up to get water and maybe something to eat. On their way towards the kitchen, they passed the window that overlooked part of the city. They looked out the window and their eyes widened at what they saw. Civilians were being attacked by some sort of inhuman creature. It looked almost like a bear. It was big; as tall as two people of average height stacked onto one another. It looked really strong too. It was covered in brown fur and its eyes were a deep purple color. That wasn't the only strange thing about this sight. The civilians were voluntarily walking towards the creature.

"Uh guys... look out the window..." River said. Mae and Birb both got up from their spots on the couch. They both had the same reaction that River had, widening eyes and their brains trying to work out what they're seeing.

"What the...?" Birb said.

"It looks like the civilians are just walking towards the creature so that it can hurt them." River said.

"Yeah and once they get injured, they seem to not know what happened to them." Mae pointed out. "Should we go down there and help them?"

"Yeah, I think that would be a good idea," River said, walking towards the door.

All three of them put their shoes on hurriedly and rushed out the door towards the fight scene. "Hey fuzz face! Over here!" Mae shouted towards the bear-looking-thing. The creature snapped its head in the direction of Mae and stared

at them. Then, Mae started walking towards the creature.

River had to act fast. They knew that the creature was somehow controlling the actions of whoever it looked at. So, in order to get Mae away from the creature, River needed to come up with a plan. Thankfully, Mae was walking slowly and they were still a decent distance away from the creature.

"Birb," River said hurriedly. "I need you to turn into a bug. Fly towards the

creature and distract it. Don't let it see you though. I'll take care of Mae and the civilians." Birb nodded and shapeshifted into a fly.

River knew what they needed to do. They just hoped that this would work.

How To Pass The Night When You Can't Sleep

By Lila T

The days are getting shorter and the nights are getting longer. If you're like me, sometimes you can't sleep. You're completely awake. No matter how long you close your eyes you're still awake. There's still a few hours left before you have to wake up. So, what can you do? A few things before we start, try not to do something too physically demanding. You have a long day ahead of you and you can't get the energy you need during the day. If you can't do one of these things, don't do it. You need to be awake later. Don't push yourself.

1. Listen to a long playlist filled with music that you like.

I found some of my favorite musicians this way. Find a playlist that has a specific genre that you like, and listen to it.

2. Drink water.

I mean, not drinking water for 8 hours more or less is a lot. So drinking water when you're thirsty is good.

3. Turn your alarm clock away from you

I don't know about you, but I have a masters in staring at clocks when I'm waiting for something to end. It just seems to get slower, slower, and slower.

4. Watch a show you've watched before.

Preferably one you've watched more than once and have gotten bored of.

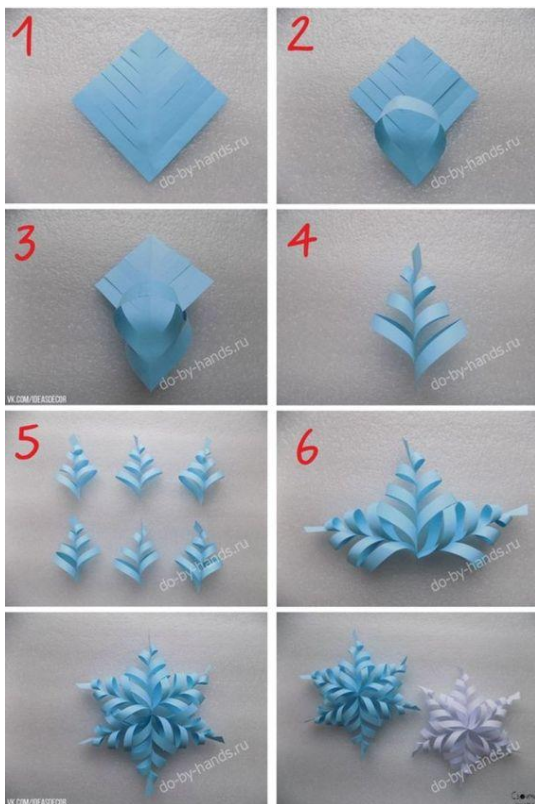
5. Read or listen to an audiobook

Reading doesn't have to be a physical book, if you don't want to read a book I don't recommend it if you're tired but there's a lot of books for free online. Audiobooks are good if you don't want to turn on the lights and read, without having to open your eyes, just lay down, and hear a nice story. A lot of audiobooks are already on YouTube for free, so that's a fun option.

Now, those are a few things to do when you can't sleep. Don't try to do this on purpose just because you want some extra time awake. Sleep is important, you've heard that a lot because it's true. There's a lot of benefits to sleeping more. You're less stressed, more productive, your immune system will have more energy to fight off illness, and your memory can improve, just to name a few.

Paper Snowflake Ideas

By: Tessa S. and Anika T.



3D Paper Snowflake

1. Fold a square piece of paper diagonally.
2. Cut strips from paper diagonally from the outside to the crease downwards, but don't cut all the way.
3. Glue strips from opposite sides together in the middle. Then flip it over and glue the next strips in line. Keep flipping it over after each one.
4. Repeat steps 1-3 six times, so you have 6 pieces.
5. Staple bottom corners of the pieces together to make a snowflake shape, and you're done!

Paper Bag Snowflake

1. Glue 12 paper lunch bags together, don't unfold



them, and glue the long side of them together.

2. Once all 12 are glued together cut shapes on the sides, like a regular paper snowflake.
3. Spread all of the bags out, like an accordion, to make a circle and glue opposite/open sides together.
4. Optional: you can add a paint splatter for more decoration.