

# The Newsbolt

## Thanksgiving Feast

### Inside this issue:

Caffeine and the Athlete	2
Too Much Homework: Fact or Fiction?	2
What Can Volunteering do for Me?	3
Charities in the Valley	3
Not Enough Sleep?	3
Veterans Day	4
Way station	4

By: Ariel Drennan  
 As we enter the season of November, it's important to know that Thanksgiving is just around the corner. What a splendid time to give our thanks to the Lord, spend time with family members, and more importantly, stuff our faces full of turkey. The issue is not how much we should eat during Thanksgiving, but what should we eat? Traditionally, people simply pick a large turkey and some vegetables to eat, but here are some delicious recipes that you'll be bound to love.

For vegetables; some steamed sweet peas, carrots, and broccoli is a good start. Then mix in sweet mashed potatoes, which taste especially good with mini marshmallows. Next is the cranberry sauce, sliced from the can or handmade with raisins and nuts. Finally, we have the delectable turkey. Normally, you would make the stuffing first, made from breadcrumbs, spices, and some seasonings, then you'd stuff the turkey. After that you would baste that turkey

until it's drenched in succulent juices. Finally, you'd place the turkey in the oven, bake it for a few hours, and you're done. You have just completed your Thanksgiving dinner, but what's next? Chow down and eat till your heart's content of course!



### Varsity Football

- 11/18 JS VS Trona HS
- 11/25 TBA at Home
- 12/2 Champnship

### Boys Varsity Basketball

- 12/8 JS Vs University Prep
- 12/9 JS Vs Nuview
- 12/13 JS @ Victor Valley Chr
- 12/15 JS @ Redlands Adv Acad.

### Girls Varsity Basketball

- 12/8 JS Vs University Prep
- 12/9 JS Vs Nuview
- 12/13 JS @ Victor Valley Chr
- 12/15 JS @ Redlands Adv Acad.



By: Katelynn Schroeder  
 The mission of Toys for Tots is to gather as many new unopened toys in October, November, and December every year. The United States Marines give the presents out to families just in time for them to have them on Christmas day. Their goal in doing this is to deliver, through a new toy at Christmas, a message of hope to less fortunate children and families. This will

assist them in becoming responsible, productive, and reasonable adults. People give so they can help little kids experience a pleasant Christmas. Toys for Tots has been around since 1991. From 1991-2005, the foundation supplemented local toy collections with 64.5 million toys valued at \$344 million. You can donate by going on their web site and clicking Donate, Other places of dona-

tion are Denny's, Jiffy Lube, and 7/11, all located on the 29 Palms Highway in Yucca Valley. These places all have boxes. You simply walk in and drop the toy off into the box. So this year if you have the ability to give to a family in need, do so. You might forever change a child's view of the world and give them a brighter future.

## Caffeine and The Athlete

By: Hailey Correll

Many of our athletes here at Joshua Springs, against the complaints of parents or coaches, have been using caffeine to enhance their game. Is this actually bad to use as a pre-game 'pump up'? Caffeine doesn't seem to benefit short term, high intensity exercise such as running. Caffeine does enhance performance when it comes to high endurance sports such as football. The human body has a certain chemical in it known as glycogen. Glycogen is the primary



fuel for muscles and exhaustion begins to occur once that fuel is depleted. The more abundant fuel that is used is fat. Caffeine uses fat to fuel the muscles opposed to the less abundant fuel (glycogen), giving the body more endurance. The one problem is caffeine effects the perception of how hard the athlete is working. The RPE (rating of perceived exertion) test showed athletes believed they were working a lot harder than they actually were, although, caffeine did cause

them to have less fatigue in the end. To answer the previously addressed question, yes, caffeine does help improve performance on the field and on the court. Of course, caffeine should **NEVER** be used as a substitute for water. In making a decision whether or not to use caffeine, it is important to consider the potential adverse effects on health. Because caffeine increases the production of stomach acid, it often causes "heartburn". Insomnia, poor sleep, and anxiety are also side effects of caffeine. Regular use of caffeine may, over time, deprive the body of proper sleep, resulting in lack of energy and fatigue in the long run.

## Too Much Homework: Fact or Fiction?

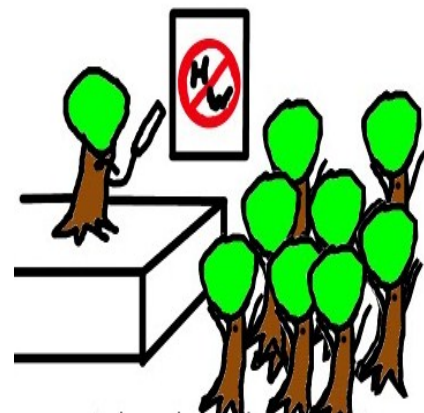
By: Katelynn Schroder

When you have had a long day at school, I'm sure the last thing you want to do is go home and do homework, right? Well, you're not alone in your thinking. According to [Idebate.org](http://Idebate.org), more and more schools are banning homework. Studies have shown that homework for children has doubled in the past twenty years. Most students already don't like doing homework but when you give them so much that it is over bearing, it just makes the situation worse. Some teachers give student more homework than usual because they think it will make them have "higher standards" and prepare them for college. When a student has a lot of homework and not a lot of time to do the assignments, poor quality work is produced because, 1.) the student is staying up late trying to finish it all and 2.) they don't have very much time to spend on each homework assignment. *A New York*

*Times* story called parents' dissatisfaction with increasing homework loads, the beginnings of a "homework revolt," suggesting that some school principals now believe students are losing their childhoods to too much take-home work. In fact, writes family expert and former teacher Erin Kurt at [Get2Central](http://Get2Central.com), even 8 and 9-year-olds are reporting serious stress levels because of an overabundance of schoolwork and lack of sleep.

Homework may sound all bad but there are good things about it too. Homework allows students to work more independently like they will in their future. Also, having homework allows students to strengthen their understanding and become more confident in applying new knowledge and skills. Most teachers at Joshua Springs try to avoid assigning homework on Wednesday nights to better the chances of

students attending Youth Group. It is in fact true that there has been a heightened amount of homework load across America, especially since the *No Child Left Behind Law* was passed, but homework is not to be considered unimportant. Perhaps one day it will be a thing of the past but for now, do your homework.



## What can volunteering do for me?

By: Ali Schmidt

People who willingly practice community service do it to help benefit the lives of others around them, but what's in it for the individual that's volunteering? Volunteering gives an opportunity to expand one's paradigm on life, helps people institute positive reinforcement, and broadens the ability to feel compassion towards others.

These qualities not only improve morality and ethics, they also inspire others to work towards better citizenship. Volunteering also looks good on your resume or college application. Some of the people you volunteer for may write letters of recommendation, provide scholarship applications, serve as references, etc. The possibilities can be seemingly endless, and the

more connections someone makes, the brighter their future becomes.



## Vacationing!

By: Hailey Correll

The months of November and December bring about some of America's most important traditions. One tradition that is fairly popular is... Vacationing! Some of the hottest spots for vacationing right now include: San Francisco, Washington DC, San Diego, New York City, and Orlando (Disneyland). San Francisco is popular for being the world's bohemian capital. Washington DC has many iconic landmarks such as the

Lincoln Memorial. Families can sightsee for days! San Diego is the best-rounded for families; there are many attractions such as Mission and Pacific Beach, the SD Zoo, and SeaWorld too! The reason NYC is such a loved place to go is because it can be anything you want it to be. New York gives people a sense of individuality. Cultures from all over the world mesh in this one city. And the most popular is, unsurprisingly, Orlando. Many families go to Dis-

neyland around the holidays for family fun. Disneyland offers a form of escape from the real world that cannot be found anywhere else. One thing that has been found to be undoubtedly true is no matter where a family is going, whether it's back home to visit family, staying in town, or out to an exciting place like the nation's capital, the important thing is *Family*.

## Not Enough Sleep?

By: Ashley Burnett

Have you ever thought to yourself "It's time to get up, and I only got 3 hours of sleep?" Have your parents ever said "Have a great day, Sweetie" and you thought "Oh yeah, I'll have a great day sleeping in class, mwahah"? When the body gets a small amount of sleep, the body releases Cortisol in the bloodstream and may explain why the immune system sometimes breaks down, why a person's growth may

have been stunted, and it interferes with the serotonin level which can be terrible in the long run. Health.com says that Serotonin is the regulation of mood, appetite, sleep, muscle contraction, and some cognitive functions including memory and learning. Reasons why a person might not be getting enough sleep is: 1) Obviously they're not getting enough



sleep 2) they are stressed 3) they are sleeping too much (I know, really?, That's what I thought, but it is true). What are the ways a person can fight tiredness? Here they are! Relax before bed, don't eat before sleep, avoid bright lights like computers, TV, phone screen, avoid caffeine, and go to bed and wake up at the same time every day (Yes! Even on weekends) Get some sleep!!

## Newsbolt Staff

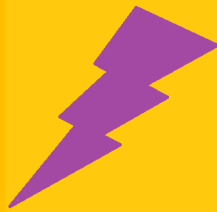
Editor - Hailey Correll

Writer - Ashley Burnett

Writer - Ariel Drennan

Writer - Katelyn Schroeder

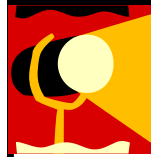
Writer - Ali Schmidt



We're on the Web!

<http://www.joshuaspringsschools.com>

Raising Up the Next Generation!



## Spotlight On...

### Pep Band!

Pep Band plays at our home football games, basketball games, and our pep assemblies. The captains of Pep Band are seniors David Enos and Justin Barrick; the members are Jordan Bishop, Zeth Paco, Eli Stanifer, Daniel Huntington, and Robert Prioleau. The guitarists are David Enos, Justin Barrick, and Jordan Bishop. On the keyboards are Zeth Paco, and Eli Stanifer. Finally, on the drums are Daniel Huntington, and Robert Prioleau. Lastly, the director of Pep Band which is the most AWESOME teacher ever, Mr. Taber. Thank you Pep Band for keeping us entertained at games.

## Veterans Day

By: Ariel Drennan

Feeling patriotic in this month? Well you should, because on November 11, Americans everywhere celebrated Veterans Day. The day is held to celebrate the 24.9 million veterans who served in the United States Armed Forces. It serves as a memory for those who have sacrificed themselves for their country and to honor those who serve in the military to this day. This day is also a celebration for those wives, children, mothers, fathers, and husbands who give up the people that mean the most to them. It also celebrates the surviving soldiers from the Vietnam War, as well as from

the Korean War and even the previous world wars. The main celebrations and events for this day are usually parades and a ceremony to hold a memorial for



those who had in action. Also, as Veteran's Day is a federal holiday, most schools, if not all, allow a day off for their students and staff. For those who have any relatives or close friends who serve in the military, this is the perfect

day to honor those special troops as true American heroes. There are also many organizations full of people who give up their lives to benefit the veterans. If you are interested in making a donation, go to RiseandHonor.com. No amount is too small. We also give thanks to the *USO*®, *Volunteers of America*®, and *Welcome Back Veterans*®, who support our Veterans year-round. The last thing someone who sacrificed their life for our country should have to worry about is where their next meal will come from or when the next time they will be able to shower is going to take place. **Please..** show your love and appreciation. Donate now.

## Thanksgiving @ The Way Station

By: Ali Schmidt

Thanksgiving is that time of year where families and friends everywhere gather to celebrate and eat a ton of food, but what about the people who can't afford it this year?

The Way Station is a nonprofit organization that has been helping families in the Morongo Basin for many years by giving

out nearly 135 packages of food each week. For Thanksgiving, they give out 10,000 pounds of food (and turkeys) thanks to their donations by churches, businesses, and individuals. For anyone interested in volunteering, the Way Station will be giving out food on **Tuesday the 22<sup>nd</sup>**. The event starts off with music

and entertainment at **8:00am**, but those who wish to receive food must come for the **10:00** service. For any further information about the event,

you can check out their website at [thewaystation.us](http://thewaystation.us), or come see Pastor Steve Cook (leader of the organization).

