

The Newsbolt

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Sports Schedule

Varsity Football

10/21 Vs. Desert Chr. Academy
 10/28 Vs. Bloomington Chr.
 11/5 @ Thacher

JV Football

10/17 @ Excelsior Edu. Ctr.
 10/22 Vs. Crossroads Christian

Varsity VolleyBall

10/11 @ Bloomington Chr.
 10/18 Vs. Mesa Grande Academy
 10/20 @ Baptist Christian
 10/24 @ Lucerne Valley
 10/25 Vs. Redlands Adv. Academy
 10/27 Vs. Desert Chapel
 11/1 Vs. Desert Christian Academy
 11/3 Vs. Bloomington Chr.

National Hispanic Heritage Month!

By: Ariel Drennan

October is National Hispanic Heritage Month. It was first established by President Johnson as Hispanic Heritage Week where people celebrate and give thanks to the contributions of Hispanic and Latin Ameri-



cans. In 1988, President Reagan expanded the celebration to a 30-day period (Sept. 15th – Oct. 15th). In California, a large portion of the population is of Hispanic heritage at 37.6 % while in Southern California, the predominant ethnic group is Mexican-American at

51%. Ever wonder why most of our major cities, like San Francisco and Los Angeles, have Spanish meanings to them? For these people, National Hispanic Heritage Month is the perfect time to recognize the importance of Hispanic heritage and cultural background.

Oct 17-21 - Spirit Week 2011

It's October and that means it's time for a big football game, spirit week, a pep assembly, mini-cheer and the homecoming dance! Spirit Week 2011 is October 17-21 this year and promises to be the most fun-filled week of the year!

It all begins on Monday with "Nerd Day", so dress up as your favorite nerd. Tuesday is "Retro Day"; take a step back to the past and dress up in your favorite decade (mine is the 70's). Wednesday is "Tourist's Day" where you dress up as a tourist. Thursday is "Super Fan Day"; now is the time to

dress up and show appreciation for your favorite singer, movie star or sports team (Go Lakers!, if we have a season) and Friday is "Purple and Gold Day"; freshmen and sophomores dress in purple and juniors and seniors dress in gold. There will be a pep assembly on Friday before lunch featuring the cheer, pep band, fun skits and surprise dancers! Later that night is the homecoming football game against Desert Christian Academy... Go Lightning! Before the game, the pep band will be breaking out with some new tunes and

getting the fans into the mood for football! The mini-cheer camp will also perform at the game along with the crowning of the Homecoming King and Queen at half-time! You just never know what is going to happen at homecoming. Homecoming dance will be on Saturday, October 22 from 8-11. The cost of tickets for the dance are \$17 in advance and \$20 at the door. The theme this year is a *Night to Remember!*... so dress for the occasion. All in all, it should be a week filled with fun and excitement!

A.D.D and It's Hyperactive Cousin...

By: Ali Schmidt

People diagnosed with ADD (or ADHD) are commonly believed to have been born this way. However, according to borntoexplore.org, studies show that ADD may likely be caused by nutrition and environment.

ADD stands for Attention Deficit Disorder, while ADHD stands for Attention Deficit Hyperactive Disorder. A person with ADD is just wired differently and may find it harder to concentrate on conversations, their surroundings, etc. Some are more severe than others, but there's no need to be alarmed. All it means is that

they don't focus as well as they could. Studies have shown that one of the key factors in people with ADD is nutrition. "For example, they may metabolize fats and carbohydrates differently than other people, or may react to

food additives when others are fine" (borntoexplore.org). So if you have ADD, it may be in your best interest to avoid eating processed foods and artificial flavorings.

The other key in ADD, environment, is crucial for one's behavior. Too much anxiety and depression not only contributes to someone's ADD, but is also known to damage their health.

Although there is no specific cure for ADD or ADHD, the best thing someone could do is to keep a positive attitude and a healthy diet.



Staying Awake in Class...

By: Ali Schmidt

Do you find yourself sometimes zoning out while a teacher is talking? How many times have you found your mind blank when you're taking a test or completing an assignment? If the answer to both of these questions is frequently, then keep reading.

First of all, make sure you're getting enough sleep at night. Although this factor seems like it's being overemphasized, the average teenager needs approximately 7-9 hours of sleep. Try avoiding distractions late at night

(texting, computer, TV...) because before you know it, the minutes will turn into hours, and you're coming to school looking like something off of Zombie Land.

For goodness sake children, *find some time for breakfast*. Countless studies have shown how drastically kids improve in school after eating something healthy in the mornings. Don't keep coming to school with an empty stomach, or you'll regret it. Lastly, find something to look forward to at school rather than complaining about it all day. Make sure

your homework is completed, you understand your lessons, and find a motive for learning new things.

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"How can I possibly be a discipline problem? I'm usually asleep."

Movies: All for One and One For All!

On October 21, the all new 3-D version of "The Three Musketeers" will be released to the local Cinema 6 and the lower desert theaters.

Based on Alexandre Dumas' classic novel comes a big-screen action adventure conceived and shot in state-of-the-art 3D. They are known as

Porthos, Athos, and Aramis—three elite warriors who serve the King of France as his best Musketeers. After discovering an evil conspiracy to overthrow the King, the Musketeers come across a young, aspiring hero - D'Artagnan and take him under their wing. Together, the four embark on a dangerous mission to foil the plot that

not only threatens the Crown, but the future of Europe itself. Starring Logan Lerman, Milla Jovovich, Matthew MacFayden, Ray Stevenson and Luke Evans, this will be one movie that you don't want to miss this year. It's full of fun and adventure for people of all ages. This movie is rated PG.

Charities in the Valley

By: Katelyn Schroeder

If you want to help out in your community, here are some things you can do.

You can volunteer at the American Cancer Society, a nationwide community based on volunteers. October is Breast Cancer Awareness month. This isn't just for the girls, guys can get it too. An estimated 1,700 men will be diagnosed with breast cancer this year and 450 will die. Also, if you are a woman who

has a family history of breast cancer, you are in a higher risk group, but most women who have breast cancer have no family history of breast cancer. You can help out with breast cancer by volunteering, or donating money to their foundation.

There is also the Disabled American Veterans or DAV. Here you can support your local veterans, with volunteer transportation for sick and disabled veterans to Loma Linda VA Medical Center. The Salvation Army is run

by the Christian church; the church is dedicated to win the battle against sin and despair. You can help by donating nonperishable foods.

**"But, speaking the truth in love,
may we grow up in all things into
Him who is the head— Christ"**

Eph 4:15

Bizarre Holidays for October

By: Ali Schmidt

Many people look forward to the fun they're going to have this Halloween, but don't really consider the other holidays in October... maybe because they don't include free candy.

The first holiday is on the 9th; **Leif Ericson Day!** This day is believed to be

the first time someone from overseas stepped foot onto American soil—AKA the Viking Leif Ericson.

Thanksgiving in Canada starts on the 8th, which is also known as Columbus Day in America.

The 16th is **National Boss Day**, the

day everyone appraises their boss (or teacher) for all their hard work. All you have to do is treat your manager nicely, and maybe bring them coffee in "a world's greatest boss" mug.



Newsbolt Staff

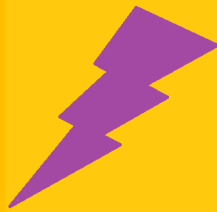
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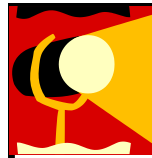
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We're on the Web!

<http://www.joshuaspringsschools.com>



Spotlight On...

Associated Servant Leadership

ASL is the servant body of Christ to the students of Joshua Springs. ASL members are the messengers that talk to the school administration about the needs in the student world of JS. The members this year in ASL are Sierra Barker, Hannah Bogue, Margot Clyde, Xanthia Clow, Laurel Haskell, Nicholas Lombardo, Wynter Roses, Chase Sweetman, Jordan Willis, and Kristen Wilson. ASL members plan pep rallies, dances, spirit week, along with events that happen at JS and the community.

Raising Up the Next Generation!

Psalm 41 - Devotion for October

By: Ali Schmidt

"All who hate me whisper together against me; against me they devise my hurt... Even my own familiar friend, in whom I trusted, who ate my bread, has lifted his heels against me" (Psalm 41:7&9).

Even in biblical times, people had to struggle with the hurtful words and criticism that was directed towards them. Like them, even some of *our* closest friends wind up betraying us.

Living for the Lord is definitely not easy. When you devote your life to Christ, it's hard to give up sins you

practice in your daily life. Say for example, you want to start acting more Christ-like, but your friends are into all the wrong things. Once they see that change in you, they may start to criticize and slowly push you away. This point becomes crucial for you because it shows what's more important in your life: your friends or your God.

"But You, O Lord, be merciful to me, and raise me up, that I may repay them. By this I know You are well pleased with me, because my enemies do not triumph over me" (Psalm 41:10-11).

When you are a child of God, He does not let your enemies get away with wronging you. When you hold fast to God and His Word, He stands by you and always delivers you from trouble. Sometimes it won't happen immediately, but whoever goes against a child of God goes against Him.



How Good is Your Diet?

By Katelyn Schroeder

According to the European Food Information Council, your body needs energy after a long sleep so breakfast is important. Foods that are high in carbohydrates, such as bread, cereals and fruit, make good breakfast choices. Skipping meals, especially breakfast, can lead to out-of-control hunger, often

resulting in helpless overeating. Fruits and vegetables are very healthy for you and they can be enjoyable at meals and as tasty snacks. These foods provide vitamins, minerals, and fiber. You should aim to get at least 5 servings of fruits and vegetables a day. You need to drink plenty of liquids because half of your body is made up of water. At least 6 glasses of fluid

each day are needed, more if it is very hot or you are exercising. Try to do something every day and make sure it's something you enjoy so you stick with it. Too many calories and not enough activity can result in weight gain. Moderate physical activity helps burn off those extra calories. You don't have to be an athlete to get on the move!