

The Jackson Journal

The student newspaper of Luther Jackson Middle School



A Night of One Acts

By Jackson Journal Staff
with help from Joanna Ramos

This weekend, Luther Jackson’s drama department will be presenting a Night of One Acts. Under the direction of Ms Stacey Jones, students will be performing two separate one-act plays. Each play consists of it’s own cast and crew.

Tickets for the show are available online through the LJMS website, as well as at the door for just \$5 each. Tickets are general admission seats and the doors will open ½ hour before the show starts.

Show times:
November 15th 7:30PM
Nov 16th 7:30PM
Nov 18th 2:30 & 7:30PM



Nerdicus is a comedy about a high school sophomore named Rachel who tires to be “normal,” even though her brother has autism and does not act normal at all. This play was written by an FCPS theatre Arts teacher and published playwright, Bernie Deleo, who based the story around his own son with autism.



Appropriate Audience Behavior is a comedy about two people who are trying to watch *Hamlet* and encounter audience members who are not behaving as they should.

Eighth Grade Engineering Elective

By Wilber Cubias

If you and your friends like to talk to each other and work at the same time, and you’re able to work well and complete assignments, you should consider taking engineering class. In this class you can do a variety of fun, individualized projects.



Students are fixing the carving machine.
From left to right: Huy, Mohammed, Tyhere, and Jonathan

“Students should take this class because they will learn how to be independent, get to do cool stuff using machines, and work on anything

they want to do,” says 8th grader Peter Kratz. There are some differences between the seventh and eighth grade versions of the class. For example, in 8th grade, the students do more complicated projects than in seventh grade. The students have to use more tools to make their projects. Also, 8th grade includes fun projects like designing a bike with a small engine. This year, they are converting a regular long-board skateboard into an electric one by swapping some parts.

Some examples of the projects that students are completing in 8th grade engineering are creating machines that cut wood and working on a go-cart. One small group of girls is working on cutting wood with big machines. Their goal is to create shapes

from the pieces they cut. “This class can help students do things in different ways. It teaches them skills they use later in life, skills like working effectively with people in a team,” says 8th grader Jay Sikka.

Whenever students come into the room, they have to know and abide by the safety rules because if not, they will get hurt. At the beginning of the semester, the students who enroll in the class receive a list of rules and expectations. Mr. Mark Smith, the teacher, shows everyone in the class how to use the machines safely. After learning how to use the machines and taking a little time to research their projects, the students get to work. Mr. Smith says, “It’s a brand new course in 8th grade that was created, They can do whatever they

want to do in the class.” In class, students mostly work on computers to get information for their projects. They also work with machines for a variety of purposes. Everyone in the class is generally very busy from the beginning to the end as each student tries to complete a project. This class is only one semester and is held in room 418B. Students should take this class because it really fun and it might inspire them to make something.



Students researching what to do next on the long board.

A Night of One Acts



Tickets are available at the door for \$5

The Dangers of Global Warming

By Christina Lu

What is Global Warming?

You've probably heard about global warming in the news, especially as political tensions on this topic rise. But, what exactly is global warming? It can be loosely defined as a gradual increase in the overall temperature of the earth's atmosphere. It's generally attributed to the greenhouse effect, the process in which heat is trapped in Earth's atmosphere by greenhouse gases, such as carbon dioxide, methane, and nitrous oxides. These gases rise naturally, but industrialization and other human activity has disrupted nature's delicate balance of gases, and now, we're facing the consequences of these actions.

Causes

So, what specifically causes global warming? First, deforestation. Trees, from toilet paper to wooden floors, are part of our everyday lives. Over 1.5 acres of trees are cut down every second.

Agriculture is also a major factor. Farmers often overuse fertilizer and pesticide. Additionally, livestock, such as cows' "enteric fermentation" (farts) release methane.

Of course, fossil fuels, which are used to produce electricity and power transportation, are a main contributor air pollution. Burning fossil fuels releases billions of tons of carbon every year. It's responsible for 42% of U.S. emissions.

Increases in population mean increases in the need for clothing, food, water, and other necessities. The energy necessary to make clothes, process food, and clean water also contributes to global warming.

Permafrost, a layer of soil that remains frozen throughout the year, is thawing due to rising temperatures. It contains 1400 billion tons of carbon and other gases, which are released into the atmosphere as it melts. This deadly cycle means that melting permafrost is both a cause and effect of global warming.

Effects

Global warming is happening now, and we're already starting to feel the

effects.

Rising temperatures from global warming are melting Arctic ice. The Arctic might be ice free by mid-century! Animals would lose their homes, and the ocean will only absorb more heat without the white Arctic ice to reflect solar energy.

Sea levels continue to rise due to increasing temperatures and melting ice. Prolonged rainfall and rising sea levels will cause coastal flooding worldwide. This will not only cause soil erosion but also leave entire cities underwater. Eventually, Norfolk, Los Angeles, and New York will cease to exist.

Global warming makes natural disasters more frequent and severe. The number of North Atlantic hurricanes that have reached categories 4 and 5 has increased since 1980. As temperatures increase, tropical storms pick up more energy. The flooding and destruction of property caused by the hurricane season, increased as a result in global warming.

In contrast, droughts are actually also an effect of global warming, which, in turn, increases the number of wildfires seen each year. This all means a greater need for water, which takes energy to pump, heat, and clean.

Heatwaves, another obvious effect of global warming, are also intensified. They're responsible for tens of thousands of deaths each year and lead to water shortages and early snowmelt. More people die from heat than all other natural disasters combined.

Scientist Stephen Hawking once warned, "We are close to the tipping point where global warming becomes irreversible. Earth could go over the brink and become like Venus, with a temperature of two hundred and fifty degrees, and raining sulphuric acid."

Overall, global warming costs thousands of lives and billions of dollars, a price that's not worth the benefits we gain from using fossil fuels and non-renewable energy. It's damaging industries, agriculture, our environment, economy, and health. In fact, this is

the biggest global health threat of the 21st century. According to NRDC, "Even a seemingly average temperature is enough to cause a dramatic transformation of our planet."

Setbacks

Unfortunately, because of misinformation from fossil fuel companies, the public is confused about global warming. Before we can make a major impact on greenhouse gas emissions, the government and public must understand that global warming is a real threat that we should worry about. Furthermore, greenhouse gases stay in the atmosphere for 50-200 years. It will take several decades to see the effects of any projects implemented to decrease emissions.

Potential Solutions

With those obstacles in mind, it is important to consider potential solutions. First of all, clean energy is an efficient alternative to fossil fuels. Solar and wind energy have the power to reduce emissions and increase energy efficiency. Both sources of energy are extremely cheap. In fact, the solar PV generation is so cheap that it beats any other energy option on a levelized cost, and by 2030, solar energy will cost around a third of what it does today.

Increasing housing and vehicle efficiency would make a significant impact on emissions, as transportation and buildings account for over 20% of global emissions.

Another way to decrease emissions would be to reduce deforestation and start massive reforestation efforts in countries such as Nigeria, Indonesia, and Brazil, who have the highest deforestation rates in the world. Though trees take years to grow, and emissions stay in the atmosphere for decades, in the long run, trees are necessary to decrease carbon emissions.

Also, limitations on emissions must be enforced by the government. Strict legislation would further increase the impact of our actions, which would then

be legally required and not just voluntary.

Take Action

What can you do? Raise awareness and fight misinformation. Make sure everyone around you knows about global warming so they, too, can join the fight against it. Conserve energy and reduce your carbon footprint. This means unplugging devices when they aren't in use, investing in energy efficient appliances, and conserving water. You can also eat a low carbon diet by consuming less beef. Call Congress and voice your concerns. And, if possible, support agencies like WWF and NRD, which are funding efforts to stop global warming.

If we all work together to mitigate the effects of global warming, we can make an impact. Even through small steps like turning off the lights when you leave a room make a difference. Do something for the starving animals losing their homes in the Arctic, the people whose homes were lost to wildfires and floods from natural disasters, and for future generations, who must suffer the consequences because of us. So, as the topic of global warming becomes a more pressing topic in every country across the world, I urge you to do something.

HOW TO HELP PREVENT CLIMATE CHANGE IN YOUR OWN LITTLE WAY
WWW.KIDSSAVINGTHERAINFOREST.ORG

- CONSERVE WATER**
Watch your water usage by turning off faucets when not in use, taking shorter showers, and avoiding unnecessary water consumption.
- PLANT A TREE**
The little things make a difference - planting trees, or supporting a tree planting charity helps lower CO2 in the air and lower temperatures.
- SAVE ENERGY**
Use less energy by turning off appliances when not in use, switching to energy saving bulbs, and investing in energy saving appliances/objects.
- TRAVEL GREEN**
1/3 of the world's gas emissions are because of vehicles, therefore, ditching your car and walking or riding public transport helps lessen them.
- CLEAN ENERGY**
Try using renewable energy from time-to-time by installing solar panels and generating your own energy. Use of solar-powered objects are good too.
- REDUCE WASTE**
Help reduce greenhouse emissions by practicing regular recycling, buying recycled goods, and buying less or in bulk to lessen packaging waste.

WWW.KIDSSAVINGTHERAINFOREST.ORG

RECIPE: Mrs. Czifra's Homemade Apple Muffins

By Hrishika Bista



Ready in 45 minutes.
Approximately 250 calories per serving.

Special thanks to Ms. Czifra, LJ's seventh grade FACS teacher, for providing this recipe. The apple muffins are easy to make and taste delicious!

Ingredients

- 2 cups all-purpose flour
- 1 cup white sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ½ cup butter
- 2 eggs
- 1 teaspoon vanilla
- 2 cups chopped apples
- ⅓ cup packed brown sugar
- 1 tablespoon all-purpose flour
- ⅛ teaspoon cinnamon
- 1 tablespoon butter



Instructions

1. Preheat the oven to 375 degrees.
2. Grease a muffin pan with one dozen spots, or line each muffin space with an individual wrapper.
3. In a medium bowl, mix the flour, baking powder, baking soda, and salt.
4. In a separate bowl, beat together the butter, white sugar, and eggs until smooth. Then, mix in the vanilla.
5. Next, stir in the apples and gradually blend the flour mixture into the large bowl. Spoon the mixture into the prepared muffin pan.
6. In a small bowl, mix the brown sugar, cinnamon, and flour for the topping.
7. Add in butter until it the mixture is coarse and crumb-like.
8. Sprinkle this mixture over top of each muffin.
9. Bake for 20 minutes in the preheated oven.
10. Allow the baked muffins to sit 10 minutes before removing muffins from pans. Cool on wire rack.

Anime: What Is It?

By Adam Khadri

Many students talk about anime, but what is it? Anime, the Japanese term for animation, is a form of Japanese art that can be hand-drawn or digitally created on a computer. It is intended to be fun, and reading books or watching anime cartoons is a pleasurable way to spend your time! Many of the stories are entertaining because of how unique they are, and they often contain cliffhangers that differentiate them from other types of animation.

Some of the more popular anime titles are



www.flicker.com

Naruto, My Hero Academia, Attack on Titan, and Death Note. These are my favorites and are a good starting place for someone who is new to anime. The stories often contain good life lessons and are helpful for middle school students. Reading anime can also be a nice break from academic reading,

like the books we have to read for school!

Feel free to stop by the library and pick up your favorite anime title and start reading today! I bet you'll thank me soon.



www.deviantart.com

Important Dates

Thanksgiving Break
Wednesday, November 21 - Friday, November 25

3-Hour Early Release
Friday, December 14

Winter Break
Monday, December 24 - Friday, January 4

3-Hour Early Release
Friday, January 18

Martin Luther King, Jr.'s Birthday
Student Holiday
Monday, January 21

End of Second Quarter
Thursday, January 24

Student Holiday
Friday, January 25



Weather Forecast



According to the *Farmer's Almanac*, December is predicted to be much colder than normal with much more precipitation than we normally see. The *Almanac* is also predicting that January will be more mild than in past years with warmer temperatures and less precipitation.

What does that mean for us? We're more likely to have snow days in December than January.



Chipotle

By Sergio Abraham-Diaz

If you are a big fan of Chipotle like I am, here are some facts about the restaurant you might be interested in.

Where is the location nearest to Luther Jackson Middle School?
8191 Strawberry Lane
Falls Church, VA 22042

What is the best food to order, with cost and calories?

Menu item	Price	Calories
Burrito	\$6.50- \$7.50	730- 1200
Tacos	\$2.50	930- 1100
Burrito bowl	\$6.50- \$7.50	1005- 1200

the difference between their organization from other food companies. All Chipotle restaurants are built in the same style with similar material, like plywood, corrugated metal, stainless steel, and exposed ductwork. Though they all have similar looks and features, each store's design and layout are unique.



their food may be the reason people got sick. Bacteria surrounded the food, which could cause an infection. The large quantities in which the chain makes the food, and warmth of the food, could cause an environment in which the bacteria could grow. The bacteria can lead to Helicobacter, which is a dangerous and can cause health issues, like digestive problems, that worsen if not treated. All of the restaurants were shut down for cleaning and disinfecting, and all Chipotle locations are now safe to visit.

What are my favorite items?

My favorite food from Chipotle is the steak burrito with lots of guacamole and beans. I also love eating the tacos with carnitas and a little bit of sour cream.

Why is the ceiling unfinished?

The founders of Chipotle wanted a unique building to represent

Why did some people getting sick from eating at Chipotle in 2015?

The way that Chipotle serves

Middle Eastern Kabobs

By Ruhab Rahimi

Have you ever eaten a nice, yummy piece of meat on a stick? The kabab was founded in the 19th century in Turkey. It became more popular in the west with the rising popularity of the Greek gyro. Later in the 20th century, more people started to eat it, even outside those two countries.

Here in Falls Church and nearby areas, there are a lot of great kabob restaurants to visit. If you have never tried a kabab before, there are a lot of local places that serve this type of meal. One place is Yummy Kabob, located at 3340 Gallows Road, just down the street from school. Another option is the large chain, Moby Dick House of Kabob. The nearest restaurant is at 2676 Avenir Place, just down the road and very close to the Dunn Loring metro station.

For those of you who have already tried kabobs and know you love them, the question on your mind should be *how do*



foodandwine.com

can I make them for myself? Here is a recipe you can try if you're interested in making these tasty meats in your own home.

1. First, you get the meat out and defrost it.
2. Get your spices out and mix together the yogurt, olive oil, paprika, cumin, cinnamon, red pepper flakes, lemon zest, lemon juice, salt, pepper and garlic.
3. Put the thawed meat in the bowl with the

spices, add your spices and then mix it all together.

4. Cover the bowl with plastic wrap and leave it in the fridge for at least eight hours to allow meat to absorb the flavors.
5. Cook the meat. It is generally better to cook kabobs on the grill. Put them on medium heat for about 15 minutes until the meat is a nice golden-brown color.

Some tips I have for making the perfect kabob are that you should not use too much of any one ingredient. You have to mix out the flavor and taste everything not just salt or lots of spices. Add all the spices together to balance out the flavor.

Here is another recipe. This one is from Epicuriuos.com.



The Washington Capitals: Is Another Stanley Cup in Their Future?

By Jamison Scott

The Capitals started the season strong, with a 7 to 0 win against the Boston Bruins. Their second game, however, was not quite as good for the team. The Caps lost in a close game to the Pittsburgh Penguins, 6 to 7, in overtime.

The Capitals and the Penguins are big rivals who have faced off in 11 playoff series. Pittsburgh has won all but two of those face-offs. The rivalry is fueled by both team's superstars, Alex Ovechkin for the Caps and Sidney Crosby for the Penguins. The Caps won once against them in the 1994

Quarterfinals and, more recently, in the second round of the 2018 playoff series.



nhl.com

This year, the Capitals are the defending champions after their win against the Las Vegas Golden Knights, which made it to the playoff finals as an expansion team. For the Golden Knights, this means that in their first year of existence, they made it to the Stanley Cup Finals- not a

bad first season! The Caps won the series four games to one against the Golden Knights in a best-of-seven series.

In one of their first games of the season, the Caps had a "rematch" with the Golden Knights and won 5 to 2. After their win against the Golden Knights, the Capitals lost 6 to 0 against the New Jersey Devils. The Caps finished October with five wins and five losses. Though it's been a very up and down start to the season for Washington, many are confident that they will have a great season!

Falls Church Restaurants

By Carmine Degregorio

Here in Falls Church, we have a great variety of restaurants to choose from. Here are three of my favorites. Each has a very different vibe for you to choose from.



New Moon

A mix of Chinese, Salvadoran, and Mexican dishes round out the menu at this no-frills restaurant.

Address:
6619 Wilson Blvd, Falls Church, VA 22044

Hours:
Sun.—Thurs. 11AM-10PM
Fri. & Sat. 11AM-10:30PM

Menu:
newmoon-restaurant.com

Phone: (703) 533-8822



Clare & Don's Beach Shack

This casual beach-themed spot serves seafood, and vegetarian eats, plus offers live music.

Address:
130 N Washington St, Falls Church, VA 22046

Hours:
Sun.—Thurs. 11:30AM-9PM
Fri. & Sat. 11:30AM-10PM

Phone: (703) 532-9283

Menu:
http://www.clareanddons.com/



Sfizi Cafe

I would describe this one as a casual trattoria (Italian style restaurant), dishing up Italian favorites for lunch and dinner. As stated on their website, "Sfizi, (pronounced 'sfeetzi) is an Italian word we use to describe a strong craving, a whim, a special treat." The cafe also offers a deli market where customers can shop for authentic Italian food.

Address:
800 W Broad St, Falls Church, VA 22046

Hours: 11AM to 9:30PM

Menu: sfizi.com

Phone: (703) 533-1191



Positivity Corner



P2 Crew

The P2 Crew is here for you! This PAWS club spreads positivity to our students and staff. You may have seen some of their contributions, such as the interactive bulletin boards in the cafeteria or the positive sidewalk messages on the bus loop. Be on the lookout for more from P2 Crew in the halls and around the school all year and be sure to follow P2 Crew on Instagram @LJ_P2_Crew.



LJMS library is on Instagram!



@lutherjacksonms.library

Immigrants at Luther Jackson Middle School

By Araceli Soto

Some of the students here at Luther Jackson are immigrants. Some emigrated from their home countries years ago, while others arrived more recently, even just a few weeks or months ago. They came from all around the world, which is one of the reasons why our school is so diverse. LJ has a lot of students from El Salvador, Honduras, Guatemala, Vietnam, as well as a variety of other countries.

Immigrants' journeys are hard. They have to leave their home countries with only the hope of better futures to keep them going. Immigrating to the United States, even illegally, is harder than you might think. Potential immigrants often need help crossing the bor-

der, and so they pay thousands of dollars to individuals who help them do that. "Coyotes" are the people who help people cross the frontier between the U.S and Mexico.

The number of migrants hiring human smuggler "Coyotes," also known as "Polleros," has increased. If immigrants get caught, they are detained at immigration centers. Often, these detainees are required to pay a bond and agree to conditions that ensure their return to court for their immigration case.

I asked some students who are in the ESOL program (English Speakers of Other Languages) about their experience learning here at Luther Jackson.

Based on the questions I posed, students reported that one of the hardest things about coming to this country was learning a new language. The things they say they miss the most are their family, friends, and their culture.

There are many reasons one might choose to immigrate to a new country, but the most common ones were for a better education and better future opportunities. Others came because of safety issues in their native countries. Some immigrants say they got help from their relatives that were already here, while others say they didn't have any relatives here to help them.

One of the ESOL teach-

ers, Mrs. Moser, had to immigrate to the U.S. One big difference she noted between our school and her previous school in India was our diversity. Here, people come from all parts of the world. Since her students are learning a new language, one piece of the advice she gives to the students is to read more and never stop learning. Finally, she tries to make them feel welcome.

What can you do to help make all students at our school feel like this is a great place to be and learn? Hopefully you can find a way to help all students feel welcome here at Luther Jackson where our motto is "Different but united."



Inmigrantes en Luther Jackson Middle School

Traducido por Linda Silas, Enlace de Padres

Algunos de los alumnos de Luther Jackson son inmigrantes. Algunos inmigraron de sus países de origen años atrás, mientras que otros han llegado más recientemente, incluso justo unos semanas o meses atrás. Ellos han llegado de todas partes del mundo, lo cual es una de las razones por lo que nuestra escuela es tan diversa. LJ tiene muchos estudiantes provenientes de El Salvador, Honduras, Guatemala, Vietnam, como también una variedad proveniente de otros países.

El viaje de los inmigrantes es difícil. Ellos tienen que dejar sus países de origen atrás con la única esperanza de un mejor futuro para seguir adelante. Inmigrar a los Estados Unidos, aún de manera ilegal, es más difícil de lo que te imaginas. Inmigrantes necesitan ayuda para cruzar la frontera, y

para eso pagan miles de dólares a individuos quienes les ayudan a hacerlo.

"Coyotes" son las personas quienes ayudan a la personas a cruzar la frontera entre U.S. y Méjico.

El número de inmigrantes que emplean contrabandistas humanos "Coyotes", también conocidos como "Polleros", ha aumentado grandemente. Si los inmigrantes son agarrados, ellos son detenidos en centros de inmigración. Frecuentemente, a estos detenidos se les pide que paguen una fianza y que accedan a algunas condiciones con las cuales aseguran su regreso a las cortes para sus casos de inmigración.

Yo pregunté a algunos de los alumnos que están el programa de ESOL (Inglés para Hablantes de Otros Idiomas) acerca de sus experiencias concerniente a

su aprendizaje aquí en Luther Jackson. Basados en las preguntas hechas, los estudiantes reportaron que una de las cosas más difíciles acerca de llegar a este país es aprender un nuevo idioma. Ellos dicen que las cosas que extrañan más son sus familiares, amigos y su cultura.

Hay muchas razones por las cuales uno puede escoger inmigrar a un nuevo país, pero la más común es la búsqueda de mejor educación y mejores oportunidades en un futuro. Otros vinieron por asuntos de seguridad en sus países natales. Algunos inmigrantes dicen que recibieron ayuda de sus familiares que ya estaban aquí, mientras otros dicen que no tienen ningún familiar aquí que les pueda ayudar.

Una de las maestras de ESOL, Sra. Moser, ha teni-

do que inmigrar a los Estados Unidos. Una de las grandes diferencias que ella ha notado entre nuestra escuela y su escuela previa en India, es la diversidad. Aquí, vienen personas de todas partes del mundo. Debido a que sus alumnos están aprendiendo un nuevo idioma, uno de los consejos que ella les da a sus estudiantes es que lean mucho y que nunca paren de aprender. Finalmente, ella trata de hacerlos sentir bienvenidos.

¿Qué crees que tú puedes hacer para que todos los estudiantes en nuestra escuela sientan que este es un gran lugar para estar y aprender? Espero que tú puedas encontrar una manera de ayudar a todos los alumnos a sentirse bienvenidos aquí en Luther Jackson en donde nuestro logo es "Diferentes pero Unidos."

Google Glass

By Mohammad Khdeir

Google's smart glasses, called the Glass Project, but more commonly known as Google Glass, started about five years ago. Google Glass was developed by X Lab (formerly known as Google X).

Google Glass is a pair of eyeglasses that includes an augmented-reality computer with an optical, hand-mounted display. It shows information in a smartphone-like, hands-free format. Google Glass allow users to access everything and stay up to date on all notifications and emails with one device.

Google co-founder Sergey Brin wore a prototype of Google Glass to an event on April 5, 2012. Early versions of Google Glass were available starting in early 2013 to select consumers willing to pay \$1500. Google Glass became available to the general public in May of 2014; however, in January 2015, Google announced it was ending production of the original Google Glass. They

hoped to deliver an improved version in 2017. The latest version of



x.company/glass

Google Glasses, the *Enterprise Edition*, is only available to corporations willing to partner with Google to develop and enhance Google Glass. The new version has similar features to the original, but the older product was more focused on serving as an augmented reality product. The newer version appears to function more like a smartphone, letting users access their mobile internet browser, camera, maps, calendar, and other apps by using voice commands or touch pad on the frame of the glasses.

One issue that arose was making the glasses comfortable for the people who have a vision corrections and wear

glasses. Google partnered with an eyewear company to create Google Glass options with prescription lenses, allowing users to enhance their eyesight, and at the same time, help the wearers catch up on all their notifications.

Currently, Google Glass is marketed for manufacturing companies so their employees can access these hands-free devices while they are on the factory floor. In my opinion, if Google Glass makes this product more affordable, it would be a hit in retail stores. If they can't lower the price, the product will not sell well because people aren't going pay \$1,500 for a pair of glasses. In addition, Google Glass needs to be well-advertised so people know more about them. In conclusion, I think this is a great product that will move users into the future and beyond.

Sweatcoin: An App That Pays Users to Exercise

By Angel Sanchez

Do you want to get fit while earning rewards for your efforts? All you have to do is download Sweatcoin on your phone and get walking! This app makes beginning an exercise program easy; you just need access to any mobile device. Sweatcoin is available for free in the app store, and once you've downloaded it, it's ready to go! The purpose of the app is to get users outside to walk. The more you walk, the more coins you earn, which you can trade for rewards. Users are not limited to just walking, they can also jog, run, or a combination of all three.

What kinds of rewards can you earn by using the program? Well, if



Sweatcoin Logo

you're like me, you want to make sure your efforts are going to pay off for something worthwhile. Most people using this app have the goal of getting more in shape, but some of us need a little more external motivation. For each 1000 steps, you get you earn 1 Sweatcoin (SWC). While that might not seem like a lot, they build up without users

even noticing! One great feature of the program is the gift cards users can earn. Some of the options are Amazon, PayPal, Apple, and Forever 21. You can also work together with friends and combine your Sweatcoins to earn even bigger prizes.

You could also use Sweatcoin as a gift to someone, or you can sell them for 10-15 cents. Not bad for something you get for exercising, which is something we should all do anyway!



www.tomsguide.com

LJMS is on Twitter!



Follow us @LJMS_FCPS

Don't have a Twitter account? You can see our Twitter feed on our school website: jacksonms.fcps.edu

LJ's Twitter Community

Principal Lehman @InCLehmansTerms

Assistant Principal Tohan @TohanTruths

Assistant Principal Salgado @tfsalgado

Assistant Principal Radun @Joe_Radun

Dean of Students Eby @ms_eby

LJMS After Hours @LJ_AfterHours

LJMS Drama 2017 @sm_jones3

LJMS PTA @LJMS_PTA

Many LJ teachers are on Twitter as well!

DIY Paper Roses

By Hennessy McWeeney and Anna Sun



We found these beautiful paper roses online. For directions, go to the website or scan the QR code.

DIY Storybook Paper Roses
<http://www.100layercake.com/blog/2011/07/22/diy-storybook-paper-roses/>



Supplies:

- Paper (old books or a newspaper with many words)
- Grosgrain Ribbon, ½ width cut to 4 inch lengths
- 16 gauge wire cut to 15 inch lengths
- Glue Gun
- Glue Sticks (low temp)
- Scissors
- Wire Cutters

Review:

We recommend this project because it's fun and easy to do. Although it's simple, cutting the petals takes a long time. If you're planning on making multiple flowers, a good tip is to fold the paper in half multiple times and then cut out petals, so you get more petals at once.

Nintendo Switch Game Preview: Super Smash Bros. Ultimate

By Luis Silva

The *Smash Bros.* series is a great experience for gamers! It is a multiplayer fighting game where some of your favorite Nintendo characters are pitted against one another. The objective of the sparring match is to knock your opponents off of a platform.

Nintendo's inaugural game of the series, *Super Smash Bros.* was released in 1999 for the Nintendo 64 console. Next, Nintendo released *Super Smash Bros. Melee* in 2001 for GameCube. The third installment of the series was released in 2008 for the Wii console and was titled *Super Smash Bros. Brawl*. In 2014, Nintendo released two more editions of the series called *Super Smash Bros. for Nintendo 3DS* and *Super Smash Bros. for Wii U*. The 3DS version of the game was the first one Nintendo released for a handheld gaming device.

Recently, Nintendo has announced the upcoming release of a 6th game in the *Smash* series, and I must say, it looks to be the best one yet! Created for Nintendo Switch, the game is called



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Super Smash Bros. Ultimate. In addition to all of the playable characters from the previous editions, new characters will appear in *Ultimate*. These new characters are the Inklings from *Splatoon*, Ridley and Dark Samus from *Metroid*, King K. Rool from *Donkey Kong*, Isabelle from *Animal Crossing*, Simon and Richter Belmont from *Castlevania*, Princess Daisy from *Mario*, Chrom from *Fire Emblem*, and Ken from *Street Fighter*. Also new to this edition are some extra fighting stages and enhanced speed, as well as new attack and defensive maneuvers for the characters. A "Stage Morph" option is available, in which

stages transform from one to another during combat. While *Ultimate* is designed for the Switch, the game is also compatible with GameCube controllers and will allow up to eight players to participate at a time.

Some of the things I like about this game are the new graphics and characters. One new player that I'm especially excited about is Isabel! One of my favorite features of this game is that, as I mentioned, everyone is here from the older games, but there are also new characters that players can enjoy. Some are great, like Inklings and King K Rool! In contrast, there

were some new characters that weren't quite as interesting to me, such as Dark Samus, Simon, and Richard Belmont. Though *Ultimate* offers a large selection, I felt that they omitted some characters that people would enjoy using, such as Waluigi, Geno, Shadow, Rayman, and Bomberman.

This game is such a big deal for *Smash* fans! There's so much to be excited about, as many favorite features from the previous games will appear in the latest edition. I know what you are wondering- *when will this game come out?* Well, your wait is nearly over! The game will be released to the public on December 7, just in time for the holidays!

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