

FALL BREAK UPDATE

FFA National Convention

by Kaylee Smith

edited by Sarah Jewel

Our chapter attended the 96th Annual National FFA Convention November 1st-3rd. We went on a tour to The Air force Museum, where we learned about our air force history. We got to see all the planes in the exhibits. It was a fun experience and we learned many facts about our history. Next, we visited Wright state lake campus. Here, we got to experience a mini agriscience fair. We got to learn about the different careers in ag offered at the campus. At the end of the day, we attended the rodeo at the Indiana State Fairgrounds. We saw ranked riders from all over the country compete. The next day we attended the National Convention. We watched two sessions, walked around the expo, and visited booths from all over the country. It was a great experience to see people from so many different states, and the sessions were great to watch. On the last day we went to NAILE, which is a national livestock show. Students got to see Dairy Cattle shows, Breeding Goats, and pig shows. Students also got to enjoy lots of shopping. After a few hours, we made our way back home. Then on Saturday Mrs. Casto along with three graduated FFA



members drove back over to Indianapolis where they were recognized for earning their American degree. An American Degree is a huge honor. It is the highest degree an FFA member can earn and less than 1% of all members earn it. We would like to congratulate Kacie Sizer, Macy Timmons And Kaylynn Wilhelm. Overall, the week of convention was fun as well as educational.

Quick Recall

by Gordon Yu

Quick Recall, an academic/trivia quiz bowl competition, is back at Greenon! Since its revival, the Quick Recall team has played matches against 3 schools: Mechanicsburg, West Liberty, and Madison-Plains.

The first match was at Mechanicsburg where a team full of nervous newbies won an astounding victory with a score of 260-160. This was a first for most of the team yet Greenon still brought home the W! The second match against West Liberty was a home game. With one match of experience under their belt, Greenon achieved two consecutive victories, winning 140-70 in the JV match and 260-230 in the Varsity match. The third match was at Madison-Plains where Greenon won the JV match 140-70 again but lost the Varsity match in a very close game with a score of 260-270. Greenon has won four out of five matches so far and hopefully, more W's and less L's are in the future. If you want

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to join Quick Recall and demonstrate your possibly big brain, contact Ms. Riley at rriley@greenonschools.org.

Travelin' Band

by Ethan Thornton

The Marching Band went to their last 2 competitions before the break. After going to the Mid-State Band Association at West Clermont High School last Saturday. The Band got a nice score of 67.2. The Band also went to Indiana for their last competition of the season. Bands of America was hosted in Lucas Oil stadium with a total of 92 bands! The band got home after leaving at 7:30am and coming home at 1:00am. They had a great season!

Meeting Our Knights

by Hailey Shephard

Recently on Monday, November the thirteenth Greenon held our seasonal "Meet the Knights" event. This event is held before each sports season including the fall, winter, and spring seasons. At the event, all athletes participating in a sport during that season are expected to come and bring at least one of their parents or guardians.

During the event, all of the sports teams and athletes are introduced by name to the Greenon families and supporters. Before the athletes are introduced, the athletic director typically goes through the OHSAA slideshow and the

rules for student-athletes. However, our athletic director put the slideshow onto final forms this year so that he wouldn't have to give the speech and we wouldn't have to hear it. By the amount of applause this receives it is quite clear that the Greenon families, supporters, and athletes are quite happy with this decision.

At the winter "Meet the Knights" the following teams were introduced: Men's and Women's basketball (Jr high and high school), Men's and Women's bowling, Men's and Women's swimming (Jr high and high school), cheerleading, and wrestling (jr high and high school). On behalf of the Greenon News Paper, we wish all of the winter sports good luck, and may you proudly represent our school.

Early Bird Gets the Worm... Or Does It?

by Addelynn Ricketts

With Thanksgiving over, one of the biggest debates in the United States is argued over, with people getting very passionate to prove their point: When is the right time to start celebrating Christmas? Senior Eli Howard expresses his opinion, stating, "It's shenanigans. We're still in the fall season and as much as I love Christmas, if you build it up



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too much it almost starts to become annoying.” With the ending of Thanksgiving, many people start to put up their trees, but some start celebrating even earlier such as the day after Halloween. When asked, junior Sara Jewell upholds, “I think that everybody should celebrate it year-round. It’s proven that people who put up their Christmas trees earlier are happy earlier.” In many’s eyes, celebrating sooner rather than later is best. One study suggests 1 in 5 American families celebrate Christmas the day after Thanksgiving. Whether you are someone who enjoys putting their tree up in October and taking it down in June or celebrating Christmas exactly on the 1st of December, most can agree that Christmas is a holiday that will bring people together even if we argue about when to celebrate it!

The Study of Thanksgiving

By Ellie Price

Thanksgiving is one of the most popular holidays in the U.S. Most Americans think of it as “bulking up” before Christmas. Some of the most popular foods that are served at Thanksgiving include mashed potatoes, turkey, corn pudding, and green beans. It all started

when pilgrims held a harvesting feast shared between Wampanoags and themselves. They thought that people should share their feelings and thankfulness with others such as family, friends, etc. Food is a huge thing because it is something everyone is thankful for. In other countries, people eat different foods according to their religions.

Turkey Talk

By Ellie Price

Worldwide, turkeys are multipurpose animals or birds. In North America, turkeys are used at Thanksgiving and can be shown at county or state fairs.

Before turkeys came to the world, there were Turks. Turks were also known as nomadic people from central Asia. Then came the grand turkey bird. In the 1500s, the Spanish traders brought turkeys that had been domesticated by indigenous Americans to Europe and Asia. Turkeys were originally used for their beautiful feathers, bones, and meat.

There are four types of turkeys. The eastern, Merriam’s, Rio Grande, and Osceola. Of course, it wouldn’t be Thanksgiving without surprises from relatives – and turkeys certainly have surprising relatives: meat-eating

theropod dinosaurs like Tyrannosaurus rex. In fact, Tyrannosaurus rex, the king of the dinosaurs, and living turkeys shared a common ancestor about 190 million years ago.

Some olden-time nicknames of turkeys include; Thunder Chicken, hammerhead, Boss Tom, and Mr. Waddles are just some of the slang terms turkey hunters give to old, mature gobblers.



Deserts

By Hailey Shephard

If you are someone who likes to bake and is looking for some new recipe ideas, follow this link to a site with 95 different recipes for desserts.

<https://www.thepioneerwoman.com/food-cooking/meals-menus/g33917161/thanksgiving-desserts-recipes/>

Gordon’s Guide to Six-Pack Abs (For Beginners)

By Gordon Yu

Six-pack abs, the pinnacle of stomach aesthetics, one of the best parts to draw when learning anatomy, and a sign of physical prowess and training is one of the most desired physical attributes. While a six-pack is commonly yearned for,

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many have attempted to acquire it, but to no avail. This is either because they're not doing the correct things or haven't been grinding long enough. Thanksgiving is over, and you may have lost some athleticism and gotten out of shape. Now you may want to start a new story arc of your life. Thanksgiving may be over, but the grind isn't! In this guide, we'll go over the (superior) way of getting those abs.

First and foremost, we need to go over what a six-pack is. The term "six-pack" refers to the rectus abdominal muscles whose main function is to flex the spine and also stabilize the core.

You may have heard the phrase "abs are made in the kitchen". Well, the truth of the matter is that abs are actually not made in the kitchen, food is. The thing is everyone has abs, they just don't show. So for them to show, you'll need a combination of dieting and exercise. But what if you don't want to diet? Well, you don't have to exactly "diet" per se, you'll just need a calorie deficit, enough that you lose the fat covering your abs. To make this process easier, cut out sugary and highly processed foods that contain a lot of calories like your local fast food. You could also switch out unhealthy food options for healthier

options. This switch doesn't always require you to eat something bland; just choose the alternatives that still taste great, like making your own cakes with less sugar or zero-cal sugar. Keep in mind that this isn't needed to lose fat, it just helps a lot, especially if you don't want to diet, which isn't healthy as a growing teenager anyways. You don't have to only eat healthily (you could have a break and have a Kit Kat once in a while), just consistently stay on the healthier side and you're good. You could also learn cooking (a great skill) to keep calories lower but also don't go too extreme in cutting calories as you need calories to grow and to have energy. Search for more tips online through Google or YouTube for more info since this article would be too long (it already is).

Now onto the training. The best way of training to get abs may seem to be to do a bunch of core exercises like crunches. This approach is not only ineffective, it wastes a crap ton of time that you guys don't have and wouldn't want to spend. Honestly, the simplest way to train is to join the track or swim teams. During track (not sponsored by the track team or coach Cameron Haught btw), there would be coaches that would help you

get conditioned and in shape, and sprinting and distance training work the core a lot. This wouldn't guarantee anything, but track is one of the best ways to get a six-pack. You could also weightlift and do other exercises, which would help a lot. If this seems like a lot, don't worry, you're doing just fine without abs and they're definitely not needed. But if you do want those chiseled abs, follow this guide and do some research on your own, and you may be on your way to a six-pack.

The Science Behind Concrete

By Ethan Thornton

So the very intriguing science behind concrete. The age-old question is, how does concrete work and how was it made? Well read and find out!

First, let's find out the history of Concrete. The first time concrete was used dates back to around 200 BC or 3,251 years ago. The Romans were the ones that first made it by mixing volcanic ash, pozzolanic ash, and lime. And they would react with each other making the first concrete. But they would add ceramics like pots and bowls to make the concrete more sturdy. And instead of adding fresh water to the mixture. they used Salt water.

Now let's get to the science

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behind it. In the making of Cement (The mixture for Concrete) they use a variety of ingredients such as limestone, shells, chalk, and marl combined with shale, clay, slate, blast furnace slag, silica sand, and iron. And when you mix the cement with water it goes through a process called Cement Hydration. In Cement Hydration the water will react with certain minerals in the cement forming crystals and gluing everything together, making a solid. This process takes a couple of hours. And the cement turns into concrete. When asked about her option of concrete, Sydni Howard had to say this, "I mean it's really nice. I like it when it's smooth because you can draw on it. I think it would taste salty".

Deck the Halls!

By: Ethan Thornton

Do you want to decorate your Valor's Door for the holidays? If so, SADD is having a door decorating contest from November 6 through December 19 during Valor. In order to participate in the contest you must pay \$1 to your Valor teachers and the money will be collected by Eli Howard, Sara Jewell, and Riley Paynter. Rules are as Follows: Must be school appropriate, paper for the door is supplied by Mr. Ferg (Students and Teachers have

to provide everything else), MUST be positive vape prevention quotes, phrases, etc., MUST be only worked on DURING VALOR(Don't Cheat). Please participate if you can, to give the school a more festive look for the Holiday season, and to help give support to SADD. !Rewards!

Voting for the doors will take place on December 18 and 19. There will be prizes for the top 3 winners.

- 1st place: Will get a Pizza Party
- 2nd place: Will get Goodie Bags
- 3rd place: Will get PBIS Points (5)

JH Student Council Update

By Ellie Price

The Junior High Student Council held its second meeting on November 14. They have planned to host a food drive and adopt-a-family. You may now start turning in your items until December 4. More information is to come after the next meeting. They will hold their next meetings on November 29- 30. If you have any questions, email Mrs. Easton at keaston@greenonschools.org or Mrs Ricketts at krocketts@greenonschools.org.

thanks giving break

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- BREAK
- FORGIVENESS
- PUMPKIN
- VEGETABLES
- HAM
- FAMILY
- DECORATIONS
- PIE
- PARADE
- TURKEY
- POTATOES
- STUFFING
- FOOTBALL
- TRAVEL
- KNIGHTS
- BAKING
- THANKS
- PECAN

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Comic

By Addelynn Ricketts