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SPU Times

April 2016



Earth Day!

By [Taylor Banister](#)

Get ready to help out our planet by cleaning up all the trash that we find because on April 22 we are going to celebrate our Earth by making it look brand new again. The holiday first started on April 22, 1970, which was marked as the first day to help out our Earth by cleaning up any kind of trash laying around. Over 20 million Americans including college campuses participated as a nation protested against environmental deterioration on the first Earth Day. It brought separate groups together that fought separately against oil spills, pollutants from factories and power plants, raw sewage, toxic dumps, pesticides, and more. From all this, that's why we celebrate Earth day on April 22.

But why do we celebrate Earth day on April 22? The Wisconsin Senator Gaylord Nelson was the credited man of the first Earth Day. Earth Day was also inspired by the anti-Vietnam War "teach-ins" that were taking place on college campuses around the United States. According to Nelson, he envisioned a large-scale, grassroots environmental demonstration, "to shake up the political establishment and force this issue onto the nation agenda." We hope all of you can participate on Earth day and make our planet know that we love it.

Interviews

As we promised, the people that won first place for the art contest would get interviews!

By [Audri Wolfe](#)

Student interviewed: Debra Moore

1. What is your favorite color? Green
2. Favorite animal? Cat
3. Favorite T.V. show? Studio C.
4. Favorite movie? 1776
5. Favorite subject in school? Lunch/Recess
6. Favorite genre of music? Pop
7. Favorite book? John and Abigail Adams
8. What do you like to do in your free time? Be with cats
9. What do you want to be when you grow up? Lawyer
10. Favorite holiday? Christmas
11. What inspired you do draw your entry for the art contest? My cats
12. Do you prefer to draw, sketch, paint, color, or do a direct draw? Doodle
13. Who's your favorite artist? Leonardo Da Vinci
14. What is your favorite piece of art? Mona Lisa
15. When did you start drawing? Last summer

By [Alex Bunting](#)

Student Interviewed: Jasmin Lopez

1. What is your favorite color? Blue
2. Favorite animal? Dog
3. Favorite T.V. show? Family Guy
4. Favorite movie? 300
5. Favorite subject in school? Math
6. Favorite Genre of music? Little bit of everything
7. Favorite Book? Lord of the Flies
8. What do you like to do in your freetime? Draw
9. What do you want to be when you grow up? Game Developer
10. Favorite holiday? Christmas
11. What inspired you do draw your entry for the art contest? Video Games
12. Do you prefer to draw,sketch,paint,color, or do a directdraw? Sketch
13. Who's your favorite artist? Leonardo da Vinci
14. What is your favorite piece of art? Mona Lisa
15. When did you start drawing? 3 years old



April Birthdays

By **Hudsyn Goe**

Diego Espinosa
Laura Arroyo
Stratton Chadwick
Joseph Chehov
Isabella Baiarrio
Valentina Dean
Tessa Wuerfel
Bronsen Arnold
Christian Mueller
Leigh Cappelli
Daley Sanders
Yaretzi Bedolla Torres
Olivia Michalski
Keira Walters
Ysabella Celeste
Sarah Houston
Jovany Arroyo Quintero
Seth Lyons
Liliana Maraventano

Sierra Miller
Dakota Cook-Castro
Santana Silva
Sidney Silva
Abigail Lee
Ainsley Best
Joshua Neal Huerta
Gannon Sanders
Connor Streicher
Nathan Streicher
Tristan Adams
Ryan Hodgins
Cole Hansen
Kyle Stoll
Cinnamon Higuera-Ochoa
Sophia Gonzalez
Diego Navarro
Emma Welsh
Josie Orozco
Jillian Hawkins

Art contest

By [Audri Wolfe](#) and [Hudsyn Goe](#)

Good news! The art contest was a success. Would you believe me if I said we had 62 art entries? It's true! As we promised, there would be 9 winners overall based off most voted, creativity, and principal's choice. Here were the results for most voted: 1st place: Brinley Farrow with a shocking number of 119 votes! 2nd place, Olivia Michalski and 3rd place Jack Smith. For creativity, the following contestants won: 1st place Jasmin Lopez, 2nd Taylor Gearhart, and 3rd Allie Snapp. We asked for a little help from Mrs. Hargrave for principal's choice, and these were her favorites: 1st place: Debra Moore! 2nd place: Sophia Heid! and last but not least, coming in 3rd place, Alexie Stout! Thank you to all of those who participated!



Book Review

By [Julia Sarnoff-Espinosa](#)

This month's book report is a book called [The Running Dream](#), by Wendelin Van Draanen. This book is about high school track runner Jessica, who lost her leg in a bus accident on her way home from a track meet. Almost her entire team survives but one girl dies. While Jessica is dealing with trying to learn to walk in her prosthesis, and her team is earning money for a new running leg that allows her to run, she befriends a girl with cerebral palsy whose dream is to run. I shouldn't say anymore or else I'll spoil it. But the reason I chose it is because it gives us something to be grateful for.

Chocolate Chocolate Chip Cookies Recipe

By [Ellie Freadrich](#)

Recipe Courtesy of Food Network Kitchens

Ingredients:

Ingredients

2 1/4 cups flour

1 teaspoon salt

1 teaspoon baking soda

2 sticks butter, softened

1 cup granulated sugar

1 cup packed brown sugar

2 large eggs, beaten

1 tablespoon vanilla

1/2 cup unsweetened cocoa

2 cups chocolate chips, 2 Hershey's chocolate bars, chopped or M&M'S

1 cup chopped walnuts (optional)

Directions:

Preheat oven to 375 degrees. In a bowl stir together flour, salt, and baking soda. In another large bowl stir together butter, both sugars, eggs, vanilla and cocoa. Gradually stir flour mixture into butter mixture and mix until combined. Stir chocolate chips and walnuts, if using, and stir to distribute evenly.

For cookies: Drop dough by tablespoonfuls onto greased baking sheets and bake about 10 minutes. Cool on a baking rack.

For bars: Pat dough into a greased 9 inch square baking pan and bake 20 to 25 minutes. Cut into squares when cooled

I hope you enjoy!



Blue Whale

By Rachel King

Did you know that the blue whale is the largest animal on the planet? It weighs as much as 200 tons! They are even louder as a jet engine, and the loudest animals on Earth. Their call reaches 188 decibels, and a jet reaches 140 decibels. Their whistle can be heard for hundreds of miles and may be used to attract other blue whales. Its stomach can hold up to one ton of krill, and the blue whale needs to eat about four tons of krill each day. This whale has the heart the size of a Volkswagen Beetle. It is an endangered species. Now that you know how great of an animal the blue whale is, help save the whales!

Escondido FC Heat Soccer

By Sophia Gonzalez and Kylie Pino-Parzanese

FC Heat soccer is competitive soccer, which means that it is a year-long league. One of the places we practice is Ryan Park in Escondido, CA. Some tournaments that we have done are the Soul Tournament and the Del Mar tournament. In January we will be playing in the State Cup Tournament. The State Cup tournament is a tournament that's in the winter that is a really big tournament. You also play against other people in the county and out of the state. Some great things about FC Heat are that you get to travel around the country, and also make new friends and meet new teammates. One other thing about FC Heat is that it is for boys and girls, so basically everybody can join. But if you want to join FC Heat you have to be good enough to do this kind of soccer, and you also have to compete about 5 or 6 years in Escondido Rec soccer. Rec soccer has just two seasons, fall and spring, so it isn't a year-long club like FC Heat. You play against other Rec teams in the Escondido club and just have fun!! The uniforms and the colors of FC Heat are blue and white. And the uniforms are blue Adidas shorts with a stripe on the side and the socks are just blue and the jersey has stripes as well and it has the logo. We have blue and white jerseys, blue is away and white is home. If you join FC Heat, remember to HAVE FUN!!!!!!



Workout Plan

By Morgan Arroyo

Monday-

Food- Breakfast: Scrambled Eggs (always need some kind of protein!)& 1 Banana nut muffin

Workout- Sit- Ups: 10 Push ups: 5 Jumping jacks: 20 Lunges: 10 Planks:10 seconds

Lunch: Salad (lettuce, tomato,little cheese, celery, cucumber)

Workout- Go on a 20min run (pet optional) (music optional)

Dinner:Hamburger(no bun) w/ lettuce tomato red onion and mustard

Tuesday-

Food- Breakfast: Scrambled eggs & 1 red apple

Workout-Sit-ups: 20 Push ups: 10 Jumping jacks: 25 Lunges:15 Planks:15 seconds

Lunch: Sandwich: Sourdough bread, turkey, lettuce, tomato, mustard and avocado

Workout-Go 30 min walk that involves hills and inclines.

Dinner- Barbeque chicken with salad

Wednesday-

Food- Breakfast: Sourdough toast with 1 cup of fruit

Workout- Sit-ups: 30 Push ups: 15 Jumping jacks: 30 Lunges: 20 Planks: 20 seconds

Dinner- Steak with corn and other veggies

Thursday-

Food- Breakfast : strawberry banana smoothie

Workout- Sit-ups: 40 Push ups: 20 Jumping jacks:35 Lunges: 25 Planks: 25 seconds

Lunch: Salad and Smoothie or water

Workout- Go on a 25 min run and include downhill and inclines

Dinner- Chicken salad and veggies

Friday-

Food- Scrambled eggs and toast

Workout- Sit-ups: 50 Push ups:25 Jumping jacks: 40 Lunges:30 Planks: 30 seconds

Dinner: Steak and salad



All Things Tech

By [Gianna Bournazos](#)

Hi. Today I will be talking about the Apple MacBook Pro, 2015. So, let's get down with the basics of the Mac. Some new things are that the MacBook Pro has no CD player, but it has a few new abilities, like Force Touch Trackpad, longer battery, faster flash storage, retina display, and powerful apps that are included. The MacBook Pro with retina display 15 inch starts at \$1,999 and the 13 inch is \$1,299.

RETINA DISPLAY-

The MacBook Pro 13 has 4 million pixels for the retina display, and the 15 inch has 5 million pixels. The text is so sharp, you'll feel like you're reading email, web pages, and documents on a printed page.

FORCE TOUCH TRACKPAD-

You can use realistic gestures like swiping or pinching to switch between apps, navigate your content, and get the most out of your desktop space. The new Force Touch trackpad takes all the capabilities of Multi-Touch and adds force sensors that detect subtle differences in the amount of downward pressure you apply. It also introduces haptic feedback to MacBook Pro, allowing you not just to see what's happening on the screen, but to feel it.

BATTERY-

The 13-inch MacBook Pro lasts up to 10 hours between charges. And the 15-inch model lasts up to 9 hours. That's an hour longer than previously for each MacBook. And they deliver 12 hours and 9 hours of iTunes movie playback, respectively. That's impressive battery life for any notebook. The built-in battery gives you up to 1000 full charge and discharge cycles. Now that's a good battery!

FLASH STORAGE-

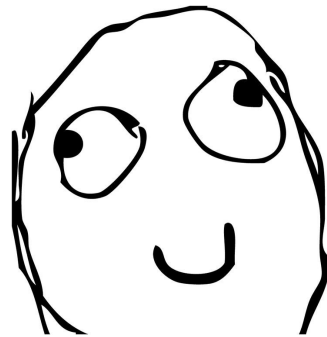
Thanks to the superfast read and write performance of the PCIe-based flash storage, you'll notice a difference in whatever you do. Starting up is really fast, apps launch quickly, and navigating the desktop feels fluid and responsive. The 13-inch model features flash storage speeds of up to 1.6 GBps, that's 2 times faster than the previous generation. On the 15-inch model you get up to 2.5x faster flash storage 3, with up to 2.0 GBps throughput, that works with quad-core processors and high-performance graphics to make quick work of even the most demanding Final Cut Pro X editing tasks.

Top Tens

By [Emma Roberts](#) and [Alexis Higgins](#)

Top Ten things to do when you're bored:

1. Slide around on the wood floors with fuzzy socks.
2. Have some sort of stand (Ex.- Lemonade, doughnuts, cookies, etc.)
3. Build an awesome fort.
4. Go swimming (even if it's raining)
5. Fill empty egg shells with paint and splatter them on a canvas
6. Invite a friend over
7. Have a bonfire and make S'mores
8. Bake
9. Listen to music
10. Create your own website on weebly.com



By [Betsy Ramirez](#)

Top Ten Candies:

1. Skittles
2. Reese's Peanut Butter Cup
3. Twix
4. M&Ms
5. Gummy Bears
6. Sour Patch Kids
7. Hershey Bars
8. Snickers
9. Kit Kat
10. Jolly Ranchers

Spring Word Search

By Rasha Badrani

A	A	E	N	N	O	M	X
M	P	F	P	O	L	Y	Z
G	B	R	C	Z	L	K	H
Z	I	A	I	H	U	U	J
F	N	I	O	L	D	F	J
A	H	N	U	M	U	O	O
M	H	C	D	I	I	O	K
H	G	T	S	M	I	L	E
W	A	C	K	Y	S	M	I
J	M	H	S	D	O	L	L
O	E	U	N	U	T	T	E
T	R	C	P	K	J	R	G
K	A	K	I	T	C	I	A
E	I	L	A	L	L	C	M
A	M	E	S	I	U	K	R

Spring Word Search

The words are up, down, and diagonal

April

Rain

Clouds

Smile

Fool

Wacky

Chuckle

Game

Joke

Nutty

Trick

Silly