The first annual Renaissance Public Academy 'Renaissance Fair' was held on October 17th, 2019. RPA is a small rural school in Molalla, Oregon. The fair was open to the school and the community. It was loaded with many activities and treats. Mrs. Kimmel, our 5th grade teacher, was managing all the organization preparations. All teachers were in charge of an activity:

- Mrs. Christianson was in charge of all the Renaissance fashion and students colored coloring sheets.
- Ms. Tosti was dressed as a fortune teller, telling people their future.
- Mrs. Kimmel created masks with the kids and was in charge of the photo booth.
- Mrs. Neal was in charge of a chess corner.
- Mrs. McKinley/Key Club made catapults that threw marshmallows.
- Mr. Madison was doing Alchemy by making copper coats over paperclips. He was helped by Julia, a student volunteer.
- Ms. Miletti was doing face paint with Kiah for kids.
- Mrs. Goodson was doing the “Age of Exploration” with spices and other treasures from around the world.

There were biscuits, chicken, rootbeer floats to eat and apple cider to drink. All the decorations were made and painted by parents and other adults. Kylee, Arely, and Maevy enjoyed face paint, chess, and candy. “I loved the make-up [face paint], my puppy face, and the candy!” Arely replied, her face exploding with joy.

We had a lot of volunteers such as; Julia, Megan, Audrey, Dominic, Chey, Emma, and Virginia. Students favorites were the fortune teller and face-painting.

“I had a really good time and the helpers were phenomenal,” Mrs. Kimmel said.

Some say that cyber addiction is going to be more common in the future. They think that there is no reason for a problem, but others think the exact opposite. Cyber addiction is an impulse control disorder which does not involve drugs, but is very similar to a gambling addiction.
People intertwined with cyber addiction develop an emotional attachment with their electronic devices. Some signs of cyber addiction are preoccupation with the Internet, use of the Internet in increasing amounts of time in order to achieve satisfaction, unable to control or cut back on the hours spent on your electronic device, Feelings of restlessness, moodiness, depression, or irritability when attempting to cut down the use of the Internet, online longer than originally intended, jeopardized or risked the loss of significant relationships, job, educational or career opportunities because of internet use, using the internet as a way to escape from problems or to relieve a dysphoric mood, (Feelings of hopelessness, guilt, anxiety, depression). ( Illinois Institute for Addiction Recovery, IIAR). Cyber addiction, while not too vast and big in the population, is becoming infectious and growing in the world. Study shows that about 6% of the world as of October 2019, which is roughly 420 million people are addicted to the internet. (IIAR).

Cell Phone Food for Thought

1. How many hours a day do you use your phone, electronic device?
2. Do you know anyone that has cyber addiction.
3. Have you ever taken a cyber addiction test?
4. Do you prefer to do outside or inside activities?

5. Do you think people should practice not being on their phones as much?

Ask Us!

By Emma Bergmann
Dear Emma,

I have an addiction, my phone consumes my days, and leaves me with nothing but stress. I don’t know how to stop. The time just wastes away and then I start to fail my classes because I turn in assignments late. Being on my screen is affecting my school and personal life, and relationships with people. People around me are starting to think I don’t like them because I don’t want to spend time with them, I just want to be on my phone. UGH! Help me please!

From, Cyber Addict

Dear Cyber Addict,

I used to have this problem too when I first got my phone. I wanted to see everything I could do with it and I just decided to stay indoors and not go out. My mental health decreased and I realized my problem. Being on your phone creates procrastination which creates homework being turned in late, which leads to failing grades. Here is a list of some of the tools that helped me.

1. When I come home from school, I immediately put my phone in another room, take my backpack with me to wherever I like to study, and then finish my work.
2. I always try to not go on my phone until after I’m done with all my work. (continued on next page)
If I need my phone for work, I block out or delete the apps I usually go on until I’m done.

3. If you have no work and have free time, feel free to go on your phone, but limit your screen time. Try to only go on it for a little bit and talk to some friends! I’m sure they would appreciate you reaching out, so take the time to text them. Experiment with new ways to help yourself out too!

Meeting with Mr. Madison
By: Julia Sessoyeff

What is your favorite color?
Orange

What is your favorite pastime?
Video games

If you were to go on vacation anywhere, where would you go?
Ooo that is a tough one. As of right now, it is a toss-up between Egypt and the Galapagos Islands.

If you had to survive on an island for two weeks, what and who would you bring?
Well obviously Ms. Landrum is coming with me, then I would bring a bow and arrow. I would have to practice but I could do it. Then I would bring my camping stuff and a 20-pound bag of rice just in case I can’t shoot anything.

Would you rather be an ugly genius or a mildly handsome villain?
An ugly genius no problem, why do I have to be rude to people?

Student Athletes
By: Audrey Wilcox

Many of our students have been able to participate in sports at various schools. We are grateful for the opportunity to do sports. It has been an exciting fall season. Good job athletes!

Soccer: Haley Hewlett and Dominic Robles
Volleyball: Alyson Wilcox, Miranda Martinez-Vivar, Marlee Burge, Annah Orloff, Emma Bergmann, and Emily Hewlett
Cross Country: Angel Garcia-Cortes, Enrique Martinez-Vivar, and Audrey Wilcox
Football: Wyatt Goodson and Steven Hamm

We asked a few of the athletes how they feel about their sport, here are a few of their responses: (continued on next page)
Cross Country
Audrey- “Cross Country is difficult, but I regret nothing. The people are amazing, and nothing beats the rush of bolting through the finish line.”

Soccer
Dominic- “I’ve been playing since I was really little, I thought soccer was fun. Only do it if it’s something you’re interested or passionate about, because if you’re not then it takes away the fun aspect of it. It’s more than just a competition, it’s a group of people that you bond with, and you’re able to work together.”

Volleyball
Miranda Martinez Vivar- “It is a fun sport. I would recommend doing volleyball because it is fun and amazing.”

Football
Steven Hamm- “I like football, because it is fun and you can get your energy out. I would recommend it, because it helps cope with anger.”

Pillar Corner
By Amelia Stoner
This month’s character pillar is Honesty. We all love it when people are honest with us, so let’s be honest with each other. “Honesty is the best policy” (Benjamin Franklin).

Aladdin Review
By Amelia Stoner
“Aladdin” is a live-action movie based on the original cartoon released in 1992. The second release of “Aladdin” first showed in theaters May 24th, 2019. It’s new song “Speechless” (continued on next page)
is sung by Princess Jasmine. This song was a great new addition to the movie. The main cast is Mena Massoud as Aladdin, Naomi Scott as Jasmine, and Will Smith as the Genie. Will Smith made a great genie, seeing as he had to compete with Robin Williams, who was a tough act to follow. I would definitely recommend watching Aladdin. It was amazing! I give it 5 out of 5 shields.

Tammy D’s Restaurant Review
By: Emma Bergmann
Tammy D’s is a small cozy restaurant off of 213 that has multiple options for food. Wyatt Goodson, Dominic Robles, Audrey Wilcox, and I all went there in the morning to have some good lunch. I have been there multiple times and they have never disappointed their customers. Audrey says that “the food was as good as the company,” and most people I have talked to say that they have been there before and would love to go back. That day I had purchased an egg muffin breakfast sandwich that came with a fried egg, sausage, and American cheese. I got no sausage on mine and substituted it with hashbrowns. I was hesitant to get it with hashbrowns but decided to anyway and it turned out delicious. I always get water because I don’t drink soda and it was very refreshing. I recommend it to anyone or any family that may be looking for a quick bite to eat. The service is amazing and they are always welcome. It’s a great little restaurant. I give it 5 shields out of 5.

Upcoming Events
By: Haley Hewlett
- Thurs. Oct 17th Renaissance Fair at RPA
- Mon. Oct 21st Daily swim lessons began for 3rd-5th
- Oct. 23 Public speaker Sydney Melnick talked to us about spinal cord injuries and concussions.
- Mon-Thurs Oct. 28th- 31st Spirit Week
  - Mon- crazy hair/hat day
  - Tue- All black day
  - Wed-90’s day
  - Thur.-Halloween costume
- Halloween Thursday 31st
- House Archery contest Thursday 31st.
- Fri. Nov. 1st Friday “Day” school 8:30-11:30 am (continued on next page)
Friday School is an amazing opportunity to get some one-on-one help from the teachers for completing homework

- Fri. Nov.15th 5th-6th grade play at Masonic Lodge
  This is a play put on by Ms. Tosti’s 6th grade class. The performance times are 3:30 & 6:30. The name of the play is “Ajax.” It is free admission.

- Mon. Nov. 11th Veterans Day-No School
- Mon.-Tue. Nov. 25th-26th Finals for MS & HS
- Wed.-Thurs. Nov. 29th-30th No School

**Early Bus Schedule**
The early bus leaves RPA every day at 2:05 pm. One Wednesday a month there is a late bus so that students can stay and receive help from teachers.