Changes at RPA
By: Emma Bergmann

On the first day of school, you may have noticed some changes around the entire campus including classrooms, bathrooms, landscaping, and more. One of the big changes was the addition of three new teachers! Ms. Miletti, our new Spanish teacher for grades 5th-12th, Ms. Landrum, our new Literature teacher for grades 7th-12th, and Mr. Waterman who teaches Physical Education in grades 3rd-12th!

In the Math and Science room, you may have also noticed that the whiteboards have been removed and replaced with Smart Boards. These two boards were a great improvement in our school and hopefully everyone will enjoy them throughout the year.

The early bus has been a nice improvement for people that have to leave early for sports and other activities.

The journalism class listed some improvements that RPA has made this year and everyone is enjoying all the new teachers. They seem to really enjoy the new PE teacher, Mr. Waterman; (See his interview, pg. 2).

New students to our school seem to love having 3-day weekends and school only 4-days a week. Other students have mentioned how much they enjoy Ms. Hans. We are grateful there is no change with her this year. This is the second year that Ms. Hans will be the principal at RPA and all the new students this year seem to love her and can’t wait to spend more time with her.

The new small classroom downstairs that Mrs. Goodson utilizes is a fun and bright addition and Mrs. Goodson is happy to have her own space. It is named the Room of Requirement something all Harry Potter fans understand.

RPA has always had small classes with the largest one ever being around 25 students. With smaller classes, there is more time to have one-on-one conversations with teachers and receive better and faster help. It is easier to talk to teachers about whatever it may be, because we become more comfortable with them through time.

Some Facts on Vaping
By: Julia Sessoyeff

Vaping is an electric device invented to help people attempt to overcome cigarettes. However, does it work? Not really. When people transfer to vaping to stop smoking habits, they usually end up doing both and are stuck in unhealthy, and expensive habits. In general, vaping is healthier than ordinary cigarettes. It is better for your oral and skin health, circulation and
lung capacity. Nonetheless, vaping has multiple negative side effects and dangers such as dry mouth and eyes, dizziness, itchiness, nose bleeds, lung tissue damage, etc. Vaping is also just as addictive as smoking. Due to the fun flavors, teenage vaping has increased by 900%! Many people will end up in hospitals due to health issues caused by vaping, and also so far this year there has been fifteen deaths caused by vaping. One woman, Kristy, started smoking at the age of thirteen. By the time she was thirty-three and a mother she had smoker’s cough. Trying to get rid of it, she tried vaping, however the cough stayed and she developed breathing issues. Eventually she switched back to smoking because vaping did not help. Soon after that she ended up in the hospital due to a collapsed lung. She spent two weeks in the hospital waiting for surgery. During the surgery her doctors discovered that she had COPD, a lung disease that slowly makes it harder and harder to breath. This was when she decided to quit smoking and never regretted it. With Kristy, vaping did not have any positive effect on her and there are countless similar stories. Vaping does not help in any situation. In conclusion, if you have not started this harmful habit, don’t!

Sports @ RPA

By: Haley Hewlett & Tim Samarin

Mr. Waterman and the PEEK Grant:

The grant is helping RPA by funding a P.E teacher, helping us go on field trips, and fund new P.E equipment. Mr. Waterman’s goal for this years P.E. classes is to get kids up and moving. In today’s world most kids spend more time inside on electric devices then they spend outside. Elementary students have to have 170 hours of P.E and High School has to have about 150 hours of P.E. Some of the activities that we are going to be doing in P.E. this year are Archery, Basketball, Soccer, activities in your house groups, and fitness testing twice a year. Fitness testing involves pull ups, push ups, sit ups, sit and reach, shuttle run, and the mile. During fitness testing week everyone has to run the mile even if your not in P.E. The state ranks schools based on their physical education scores. In conclusion this year should be a fun year in P.E.
The Knight News
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Fastest mile times-
Girls: I completely understand. Here are a few tricks that help me complete my homework...
1. Instrumental music. Music is fantastic, it can help you think and remember what you read. Try to avoid distracting music though.
2. Breaks! Don’t overwork yourself. If you’ve been staring at the same piece of paper for the past 20 minutes, you should take a minute or two to clear your head.
3. Goals! Giving yourself a goal is a great motivator. Try to see how many problems you can do in a certain amount of time.
4. Environment. If you’re working in a distracting environment, chances are you will get distracted too. Clear your space!
5. Greatest to least. Start with the work you really do not want to do. Save the easy work for later!

Ask Audrey
By: Audrey Wilcox
Dear Audrey,
I don’t like to do my homework :-(! It is a serious issue. I like to go home, lay down on the couch, watch Netflix, and be lazy. Doing my homework does not fit into that category. How can I find the motivation to do my homework?
From, The Anonymous Ankle Bracelet
Dear Anonymous Ankle Bracelet,
Laziness and I are best friends and worst enemies, so
Pillar Corner
By: Audrey Wilcox & Amelia Stoner
Last month’s pillar was Respect, the recipients of the Respect award were: Wyatt Goodson, Emily Hewlett, and Maevey Lang.

The pillar of this month is Honesty “One lie can ruin a thousand truths.”
-Anonymous

Do your best to be honest everyday in everything you do.
Talk with Tosti:
By: Kiah Restvedt

How long have you been working at RPA?
This is the beginning of my third year here.

Do you have a hobby?
Yes, I like to dance and do arts and crafts.

What is something beautiful you see everyday?
I find a lot of beauty in the sky, clouds and trees.

Describe yourself in five words?
Short, funny, loud, sarcastic [long pause] and opinionated.

What is your favorite thing about your career?
I get to make a positive impact on peoples’ lives.

Early bird or night owl?
Neither, I’m tired all the time.

DC or Marvel?
[thinking] Ok, I would say…[more thinking] D.C. for the old movies and Marvel for the modern movies. Batman forever… Oooo boy!

What did you want to be when you were around the age of 8-10?
Uh… I wanted to be in the medical field or an actress

What would you do if you won $1,000,000?
payoff my car loan... [thinking] travel the world, [thinking] and treat yo’ self (a’ la Parks and Rec)

If someone wrote a story on you, would you be the villain, hero, or ‘Damsel in distress’?
I would say that I’m just like…a misunderstood bad guy? I mean well, but sometimes it looks really bad. Such as… when I am trying to do something for someone’s own good, but I end up being the Villian.

If you could live anywhere, where would it be?
Oooh boy! [thinking] I guess I would live… in a place where I could hide from crazy children

Life on Maple Grove
Artwork by Julia Sessoyeff
Character Quiz

By: Kiah Restvedt

Take the following quiz to determine what movie genre fits you best: romance, action/adventure, horror or comedy.

Which is your favorite color?
1. Red
2. Blue
3. Black
4. Green

Which sport do you like the most?
1. Volleyball
2. Football
3. Baseball
4. Soccer

Which movie studio do you enjoy watching the most?
1. Dreamworks
2. Marvel
3. D.C.
4. Illumination

Which instrument do you want to learn?
1. Ukulele
2. Drums
3. Piano
4. Guitar

Which costume would you be for Halloween?
1. Peanut Butter Jelly Sandwich
2. Police Officer
3. Zombie
4. Crayon

Which snack do you prefer?
1. Chocolate
2. Popcorn
3. Nachos
4. Goldfish

Which fruit do you prefer?
1. Cherries
2. Pineapple
3. Strawberries
4. Dragonfruit

Which place would you like to go on vacation?
1. Paris, France
2. Alaska
3. San Francisco
4. New Orleans

Mostly 1’s: Romance
Mostly 2’s: Action/Adventure
Mostly 3’s: Horror
Mostly 4’s: Comedy

Journalism Staff Answers!

Audrey- Romance
Amelia- Romance
Tim- Action
Haley- Comedy
Julia- Action
Emma- Action
Upcoming Events

- Thurs. Oct. 10th
  School lunch
- Wed. Oct 16th
  PSAT Day
- Thurs. Oct. 17th
  Conferences pm, (in town)
- Fri. Oct. 18th
  Conferences am, (at RPA)
- Mon. Oct 21st
  Daily swim lessons begin for 3rd-5th
- Thurs. Oct 24th
  Renaissance Fair at RPA
- Mon-Thurs Oct. 28th-Nov. 1st
  Spirit Week
  - Mon- crazy hair/hat day
  - Tue- All black day
  - Wed-90’s day
  - Thur.-Hallo-ween costume
- Fri. Nov. 1st
  Fri. Nov. 1st
  5th-6th grade play
  at Masonic Lodge
- 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 2:05pm

*Stay tuned for our broadcast!*