RPA Houses
By Julia Sessoyeff
RPA Houses are groups of students of various grades combined together to compete against each other in games and other activities. The House names are Ravens, Titans, who were originally the Emerald Donkeys, Pogars, Niflers and Phoenixes. The Titan name change was rather last minute however a member of the Titans stated “I am glad that we changed our name.” (Jakob Sessoyeff). Each House has two teachers supervising the students. In the first activity, each House had to come up with their name, a cheer, and mascot to represent themselves. The second event was archery which the Phoenixes won.

The third activity was a spelling bee which Bobby and Joseph from the Titans won.

Students, informally surveyed, were asked whether or not they enjoyed competing in the houses. Looking at the results, RPA has a wide range of answers varying from total enjoyment to a straight-up dislike. This is expected considering the wide range of ages and personalities we have, however the majority of the school all shared one problem, the fact that they are often outvoted within their House. As many have experienced there is often one or two loud people in a group whose ideas seem to be chosen over others, even if most people disagree. This is because when a supervisor hears the same idea over and over again they tend to assume that everyone fancies this suggestion.

Another reason that an idea may be outvoted is because only one or two people agree with it. This is a regular occurrence among groups. It is one of the many issues that we have to adapt to when participating in a group. This idea is often referred to as a life skill, “a skill that is necessary or desirable for full participation in everyday life.” Other skills that we should develop when working in groups are communication, leadership, compromising, respect for others and their ideas, and emotional control. Each of these skills require hard work and personal commitment to obtain. Along with every other skill, we need to practice, this is where the Houses come in to play. The idea of these Houses is to create an environment where students are allowed to develop and practice these skills before using them in the world so that any bumps along the way do not cost them their jobs or relationships with other people.

Another complaint that came up is “I do not see why we can’t choose our own groups,” a student said. The reason for not being able to choose your own group goes back to working in a group. If we are able to choose who we work with, we will not be able to develop the skills needed for a job or just day to day life. A job requires us to work with every type of character, even if you do not get along. To develop this skill you again have to practice. Being in a House not of your choosing exposes you to the different personalities that you will eventually have to deal with in life. Thus making it important to accept the fact that you will not always be able to choose who you work with. This opportunity to develop people skills combined with fun and just a little dose of competition is just the thing that will help us in life!
Winter Sports
By Emma Bergmann

During winter there are sports available that some may not know about such as swimming, wrestling, and basketball. Here at RPA, we have students that are participating in sports at MHS such as the three listed above.
Dominic Robles, a swimmer at MHS, was asked how he started swimming, he stated, “I started swimming when I was really young. I was doing swim lessons since before I could remember. I always enjoyed swimming and it was something really fun that I liked to do.”
Basketball is the most well-known winter sport and also the most played. Here at RPA, there are two students, Enrique Martinez and Esi Orloff, that participate in basketball. They have already played several games and can not wait for the rest of the season!
Mr. Waterman is doing a strength and conditioning class for the football team at MHS on Mondays, Tuesdays, and Thursdays from 4-6pm.
Cheerleading and dance is also a winter sport that is not very well known. You can dance and cheer year-round at a dance or cheer studio, such as KAPA Dance Music & Theater, and Wildflower Dance Studio are both options in Molalla, if you are interested in participating.
If this is a down season for you and you are not doing any sports, it is suggested to try to keep up with your physical activity. Keep being active!
After Winter sports are over in February, make sure to look out for tryouts and dates for spring sports such as Tennis, Softball, Baseball and Track & Field, and Golf.

P.E. Experience. How to Take Care of Body Odor
By Timothy Samarin

1. Take showers everyday or every other day.
   A shower can take as little as five minutes and they are crucial for the prevention of skin diseases, clogged pores, and controlling body odor.
2. Deodorant and other body odor preventers.
   Body odor can be highly offensive to anyone that has a sense of smell. As you and your peers get older it’s crucial to have deodorant on. It should be part of daily habit. Remember smelling good is good!
3. Wash the clothes you wear during physical events.
   If you don’t wash your PE uniforms they will stink even though you shower and wear deodorant.
4. Brush your teeth to prevent bad breath.
   Bad breath is disgusting. Brushing your teeth will help prevent this. Also if you have bad breath even though you brush invest in chewing gum or eating mints.
Staying hydrated also helps prevent halitosis.
Let’s do it RPA. No more body odor!
Legend of Zelda: Breath of The Wild

By Ender Kaina

Legend of Zelda: Breath of The Wild is an action-adventure video game placed in an open world, where there are monsters that you have to fight, and dangers you have to overcome. You have been asleep for the past one-hundred years, and you have awakened to find that a dastardly evil has overcome the whole kingdom, and is holding the princess captive in the castle. You have to use bows, swords, and magic to fight your way through monsters, push your way through frozen wastelands, to build up, become stronger, fight off the dragon, and save the princess. I give The Legend of Zelda: Breath of The Wild 5 out of 5 shields.

Ugly Dolls

By Ender Kaina

Ugly Dolls is an inspiring movie about a doll, fresh out of the factory, how she was rejected and sent to Uglyville, to live with all of the rejected dolls. She believes that there is a better life, where she can be loved by a kid. She takes some of her closest friends to go on a journey to find this wonderful place.

On the way, they find the Institute of Perfection, where the dolls that haven't been rejected go on to become the perfect companion for a child. She knew that she was right, and now to get to her companion she must graduate from the Institute of Perfection, but the man in charge does not want any imperfect dolls to ever have a child, so he is going to do everything to make sure they never graduate. I give Ugly Dolls 3 out of 5 shields.

Winter Sports @ R.P.A.

By: Kiah Restvedt
The Knight News

Tic-Tac-Toe

Dad Jokes
If you boil a funny bone it becomes a laughing stock... that’s Humerus!

Puppy Maze

Fun facts
It is possible to hypnotize a frog by placing it on its back and stroking its stomach.
Pillar Corner

December: Responsibility and Self-Awareness
By Timothy Samarin
Responsibility is a very important trait to have for succeeding in our day and age, and it's very hard to have. Responsibility is important for any instance in life. Responsibility is taking on any task that involves supervising a person, place, object, or yourself, and having the endurance to see through the task. This is a very important trait for the leaders of our world.
But you cannot have responsibility without self-awareness. Self-awareness is a very important trait for our leaders and ourselves. To be aware you need to pay attention and perceive things in the best way possible.
The winners for the responsibility pillar at RPA were Emma Bergmann, Samuel Stoner, and Rosalie Jackson. They received the award on November 26 at a school-wide assembly.

Calendar
By: Kiah Restvedt
- Key Club every Wednesday
- Spanish Club @ Lunch on Monday
- Mon. Dec. 2nd Trimester 2 started
- Amy Corey, a public speaker and performer, came to RPA, December 4th, 2019. She performed her songs and spoke about depression, suicide.
- Latin Club meeting December 17th
- 31st Dec. New Years Eve
- January 8th: Late Bus- no sports bus
- January 9th: $3.00 School Lunch

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

- Key Club: Cookies and Crafts w/Santa happened Sat. December 7th, 2019. Kids came from around town to join in decorating cookies and making crafts. The theme was Toy Story 4.
- Thursday, Dec. 12th School lunch: Grilled cheese and ham. Cost: $3.00