Respect the Classroom
By: Ender Kaina
Respecting the teachers and our classmates is of utmost importance. "Respect is a superbly worthwhile virtue," said Cade Christman, when asked what respect was. Disrespectful jokes and rumors about other classmates and teachers may seem fun at the time, but all they do is hurt other people.

For example, when the teacher (or Tolerant, Energetic, Awesome, Caring, Helper, Excellent, Responsible) is in front of the classroom, teaching, then it is not an appropriate time to talk to a friend, because the teacher is trying to teach information that students will need when they go into the world. Also, by ignoring the teacher, the students are making the teacher feel like what they’re teaching isn’t important, or that they don’t care enough to listen to them, or when the teacher has you watch a video, it is not a good time to be on your phone. Even if WWIII is starting out there, we still have the power to keep the peace and respect in the school!

Opioid Crisis!
By: Julia Sessoyeff
On Jan. 9 Apryl Herron, Public Health Program Coordinator for Clackamas County, came and told RPA’s high school students some staggering numbers. Around the world numerous people are becoming increasingly more addicted to opioids. The word opioid is an umbrella name for multiple drugs such as codeine, fentanyl, and heroin. In Oregon three people die a day due to opioid overdose. Worldwide those numbers change to one person every 11.4 minutes. These numbers have been steadily increasing since 2000.

Ways to identify an overdose would be looking for shallow breathing, blue or ash tinged skin, vomiting, and snore-like noises. Overdosing often is mistaken for someone falling asleep especially to a passer-by.

Opioids are one of the main drugs out there and are a very scary problem. Thankfully a drug called Naloxone has been made that will reverse an opioid overdose. Naloxone can either be taken as a shot or a nasal spray. The nasal spray form is called Narcan and can be bought at local drug stores. Also, remember that that Naloxone is non-toxic and will not do any damage even if the person is not overdosing.

Now, even though not everyone uses drugs this is useful knowledge to have otherwise. Many situations can one day come up that require this knowledge so please tuck this information away and save it for a rainy day.
Australian Bushfires
By: Emma Bergmann

In late December 2019, there were multiple fires started around the Coopernook region on the eastern and southern coast of Australia. According to Newsweek, by January 7 there have been arrests of 24 people that were alleged to have intentionally started multiple fires. Over 15.6 million acres have been burned and multiple animals such as koalas and kangaroos have died due to the extreme heat. The koalas are beginning to become endangered at a very fast rate due to burns on their skin and paws along with dehydration.

Humans have also been negatively impacted by these fires. As of January 14, 2020, there have been 28 fatalities. Over 3,000 homes have been damaged or burned in the fire according to CNN.

The professional firefighters are first in line to fight the fires, but there are thousands more volunteers right behind them from the U.S., Canada, and New Zealand.

Smoke from the fires can even be seen from space. NASA said on CNN that, “the smoke is expected to make a full circuit around the globe and return to the skies over the country.” CNN also said that by January 8, the smoke was already halfway around the globe crossing over South America.

According to Eilidh Mellis, over $140 million has been raised by celebrities, philanthropists, business owners, and individuals in Australia and overseas.

When asked how important the Australian bushfires were to her, Alex Christensen responded with, “Personally my dad lived in Australia for two years, so Australia is a place that I’ve always wanted to go to and is important to my family. I think these are pretty bad and it’s possibly going to change the landscape of Australia, so I think it matters to all of us.”

If you would like to donate, please visit https://www.salvationarmy.org.au/ or go to https://www.wwf.org.au/#gs.rvzew1.

Quiz: Which Season Dances With Your Soul?
By: Kiah Restvedt

1. Which activity do you enjoy most?
   - a. Throwing snowballs
   - b. Gardening
   - c. Swimming
   - d. Carving pumpkins

2. What’s your favorite object to destroy?
   - a. A snowman
   - b. A gopher hole
   - c. Someone in a water gunfight
   - d. Fall in a pile of leaves

3. What is your favorite sport?
   - a. Ice Hockey
   - b. Volleyball
   - c. Baseball
   - d. Soccer

4. What is your favorite fruit?
   - a. Pomegranate
   - b. Strawberry
   - c. Watermelon
   - d. Apple
5. What are your favorite shoes?
   a. Uggs (fuzzy boots)
   b. Rain boots
   c. Flip-flops
   d. Tennis shoes

Results:
Mostly A’s: Snowman (Winter)
Mostly B’s: Flower (Spring)
Mostly C’s: The sun (Summer)
Mostly D’s: Pumpkin (Fall)

Movie Review: Star Wars- The Rise of Skywalker
By: Kiah Restvedt

Fans will not be disappointed when they see the new Star Wars: The Rise of Skywalker. I personally enjoyed every scene. The comedy, adventure, action, and a little romance was very entertaining. I hope to hear and see people love the movie as much as I did. I am sad to say that this was the finale of the series. Fortunately, there will be more episodes of the Mandalorian (available on Disney+)

Rating: (5 Shields)

Ask Us
By Audrey Wilcox

Dear Ask Us,
I’m afraid of a lot of things. I don’t want to be, but I am. How do I cope with these feelings? Will I ever be able to conquer my fears?
From, Knee Shaker

Dear Knee Shaker,
Fear is rough. We all have fears of many varieties, but I might be able to ease your burden. Here are a few things I do to numb my fears:

1. Read. Reading is known for its calming effects. It’s a great way to relax and take your mind off of whatever may be troubling you.
2. Learn. Research your fears. The more you know the less afraid you will become.
3. Confide. Find someone you can talk to. Being alone and afraid will only increase fear and anxiety, and others may know how to help.
4. Breathe. Breathing is apart of the calming down process, when you have a calm, clear mind it will be easier to evaluate and rationalize your fears.
5. Try. Put forth the effort in conquering your fears. Where there's a will there's a way.

6. Seek. Seek professional help. Sometimes our problems are bigger than we alone can handle, but there are people trained to help us.

I hope this information was useful to you. Live your dreams not your nightmares. Good luck! I believe in you!

Pillar Corner
By: Audrey Wilcox
This month's pillar of character is humility here are a few quotes to chew on. “True humility is staying teachable, regardless of how much you already know.” -Anonymous.

“Humility is not thinking less of yourself, but thinking of yourself less.”-C.S. Lewis.

In many cases, we think of ourselves more than others and think of others more than ourselves at the wrong time. How will this affect my time? What will happen to me if this takes place? That person needs to be different. That person should change this about themself. We are all human, we make mistakes, we fall, and we cry. These are attributes that we should accept and respect each other and ourselves. We are all just trying to live our lives, so let's help each other to the finish line!

Winter Gets Colder and the First Snow of the Year
By: Timothy Samarin

Kids have a snowball fight during recess at RPA. As winter gets colder and the snow rolls in, students at Renaissance Public Academy have high hopes for a no school day due to the roads being too icy. Some people are disgruntled by the amount of snow that is coming down. Snowmen and snowwomen all enjoy the winter season as it finally delivered snow for the residents of Oregon.

Molalla Library Events
By: Timothy Samarin
- Rotary Club luncheon Jan 16, 12 p.m.
- Friends of the Library Jan 21, 6-8 p.m.
- Lego Club Jan 21, 4:30-6:30 p.m.
- Salsa Cooking class Jan 29, 6 p.m.
- Adult Book club Feb 1, 11 a.m.-12:30 p.m.
- Teen Art program Feb 3, 5-7 p.m.

Renaissance Public Academy Calendar for January
By: Timothy Samarin
- RPA was mentioned on CNN10
- iFly field trip Jan 17. (rescheduled)
- Social Justice Day Jan 17.
- Key Club Jan 22.
The Knight News

- Book Fair Jan 27.
- Key Club Jan 29.
- Friday School Jan 31.

WWI Trench Warfare

A picture of soldiers participating in WWI trench warfare. Trench warfare is a type of fighting where both sides build deep trenches as a defense against the enemy. These trenches can stretch for many miles and make it nearly impossible for one side to advance. During World War I, the western front in France was fought using trench warfare. If all trenches were laid end to end they would total 25,000 miles (Ducksters).

Renaissance Public Academy Trench Warfare.

A picture of middle school students participating in a WWI trench warfare simulation. They built their own trench wall out of snow. Students had exceptional amounts of fun.

Dr. Martin Luther King Jr.
By Audrey Wilcox and Julia Sessoyeff

“Life’s most persistent and urgent question: what are you doing for others?” -Dr. Martin Luther King Jr. Martin Luther King Jr. The day is a day dedicated to one of the most influential and inspirational African-American leaders. He had a timeless impact on ending segregation in America.

Equality (a poem written by Audrey Wilcox)

There is an opportunity for equality everywhere we go, some people care more than we’ll ever know. But in some cases we simply aren’t equal, that doesn’t mean we need to be illegal. I am myself and that is my race, you are yourself so move at your pace. Even though we appear different like night and day, we should still be kind in what we do, think, or say.
Kids Corner
By Amelia Stoner

Just for Laughs

What do snowmen eat for breakfast?
Frosted Flakes!

Animal Fun Fact
Did you know that arctic foxes’ fur changes color with the seasons?

Don’t forget, keep warm and enjoy the snow.

Activities