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# Eagle Eye

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Volume 5 Issue 2

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LET US KNOW WHAT YOU THINK!**

<http://judsonhsjournalism.weebly.com/>

## **APPLE CRISP**

By: Daniel Pokrifka



- Time: 1 h 20 m
- Preheat oven to 350 degrees F (175 degree C).
- Place 10 thinly sliced apples in a 9x13 inch pan.
- Mix 1 cup of white sugar, 1 tablespoon flour and 1 teaspoon ground cinnamon together and sprinkle over apples.

## **How to Stay Healthy in and out of School**

By: Khiam Potts

### **Hygiene:**

- Wash your hands after using the bathroom.
- Wash your hands before you eat lunch so you don't get yourself sick while eating.
- Don't share drinks or bitten food with others
- When you are sick, please stay home. We don't want your germs so please stay home and get better. A teacher might even send you home whether you want to or not.

## *The Blood of the Dragon*

By: Zachary Ramirez

“Another heartless attack, we need to go now!” Razor yelled.

As a blaring alarms sounded, the team, half asleep, rushed to prepare for battle. Roxas was barely able to get fully ready.

“Why is there another attack so early?” Roxas said as he groaned.

A week had passed since the trio had met Roxas in the city. Since then he had gotten used to constant heartless attacks. As the team left, speeding off out of the base, they headed

### Apple Crisp, cont.

- Pour ½ cup of water evenly over everything.
- Combine 1 cup quick oats, 1 cup flour, 1 cup brown sugar, ¼ teaspoon baking powder, ¼ teaspoon baking soda, and ½ cup of melted butter together. Crumble evenly over the apple mixture.
- Bake at 350 degrees F (175 degrees C) for about 45 minutes.
- Eat it.

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### High School Social Night

By: Josh Clancy

On Friday, Oct 13, Judson school had its first successful social night. It included games, movies, pizza, food, and the Wii U. What was seen was many High schoolers and Middle schoolers having fun, playing board games and watching the hilarious Sharknado. Many kids didn't leave till around 9:30 and still had many slices of delicious pizza left over. This was just the first social night, and there appear to be many more exciting social nights coming next quarter. "It was a great chance to get to know

### How to stay Healthy, cont.

#### How to eat

1. Eating healthy is another way of staying healthy.
2. Please avoid getting fries from the cafeteria during lunch
  - Fries contain trans fats which could lead to heart disease, diabetes, and cancer.
3. Vegetables and proteins such as meat make a perfect balance



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### Tips for better sleep

By: Yoab Yosef

Most high schoolers across the nation are lacking sleep. And sleep is the most important thing for your body to feel ready and energized.

### Blood of the Dragon cont.

towards the town that had become infested with Heartless. When the team arrived at the village, they saw how much damage they heartless had done. Houses devastated, fire raging, engulfing fields.

"All this devastation, why what could they possibly gain from this!?" Jamie said with a tear in her eye.

"Because the heartless are nothing but darkness, they are made to destroy," Isaac replied.

The team pushed onward into the town, seeing dead bodies along the way. The walls stained with the blood of the innocent. The team eventually began to encounter heartless.

"Finally, I've been itching for a fight!" Razor said.

"It looks like most of the heartless are bunched together in the center of town," Roxas stated.

"Let's do this!" Jamie yelled. As the team came closer to the heart of the town, they split up, each of them going on their own. Jamie used her fire magic to scorch the heartless that she encountered.

## Social Night, cont.

my peers better,” said Yoelle Yosef. George Aziz said that the most memorable part of the night for him was watching Sharknado because one of the main characters had his name. So overall it was a fun and eventful night!

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## The Effects of Caffeine on the Human Body

By: Kevin Shi

Nowadays, caffeine has become a part of the American culture; around 90 percent of American people consume caffeine every day. Not only in coffee, you can also find caffeine in soda, tea, and energy drinks. Caffeine is the most consumed psychoactive drug in this world. People use caffeine to make them feel more awake and less tired for their work. We should have knowledge about caffeine and be aware of how caffeine can actually affect our bodies.

Over half of American adults consume more than 300 milligrams of caffeine every day. People get energy drinks for multiple reasons: to wake up, to focus on their work, or to enjoy their moment.

## Tips for Better Sleep, cont.

Are you lacking sleep? Well if you are, you're in luck, because here are 9 tips to get better sleep!

### 1. Keep your bedroom quiet and dark

Even the most inconspicuous glow, like from an alarm clock, can disrupt your shut-eye. Try to keep everything that illuminates from your vision. Noises like whirring electronics or ticking watches can easily be left outside the bedroom.

### 2. If you have trouble sleeping, avoid naps, especially in the afternoon

Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, stopping any naps may help you get a better sleep at night.



### 3. Stick to a sleep schedule

This helps to regulate your body's clock and could usually help you fall asleep and stay asleep for the night.

### 4. Relax before sleeping

Your body needs time to shift into sleep mode, so spend the last hour before bed doing a

## Blood of the Dragon, cont.

Razor was shredding through the heartless he was fighting, but he felt stronger, and faster. After about an hour or so of fighting, Razor had almost cleared out the entire area that he was in.

“Wow, that's weird, normally the heartless are still roaming, but I'm not finding any,” Razor said.

Suddenly he heard a giant roar.

“That sounds like it came from the town square,” Razor stated.

He began to run towards the town square, but as he ran, he heard two screams. He continued running towards the town square. When he arrived he saw Isaac and Jamie lying on the ground barely conscious; they had cuts all over them, lying in pools of blood. He saw Roxas still fighting a giant heartless with claws stained with blood and huge fangs; it stood tall like a giant.

Roxas had reached his limit; he was struck down by the beast and was sent flying into a wall so hard he stuck to the wall.

### **Effects of Caffeine, cont.**

However, when people enjoy these drinks, most people have no knowledge that caffeine can be unsafe when taken for months. It is upsetting that people still believe that a cup of coffee or energy drinks would help a person. In fact, caffeine has a lot of the side effects when you use them. Not only for you to be awake, it also can give you unnecessary alertness. You will gain increased heart rate by pushing your body too much.

In your brain, there is a chemical called dopamine, which can signal the adenosine receptor about the information of tiredness. As a CNS(Central Nervous System) stimulant, caffeine enhances dopamine signaling in the brain, which prevents the adenosine receptor from receiving the signal of the feeling of tiredness. The other function of the adenosine is to decrease your cell activity when your body energy is used over the limit, which is your feeling of tiredness. Caffeine can easily bind with adenosine to prevent the decrease of your cell activity. That is why you eventually don't feel tired after you use drinks with caffeine.

Consuming caffeine will have no good effects for the human body.

### **Tips for Better Sleep, cont.**

calming activity like reading. For some people, using an electronic device like a phone can make it hard to fall asleep. So try putting those away before going to sleep.

**5. Try a new pillow or mattress**  
Dust mites might just love your pillows even more than you do. In some people, the build up of these critters can trigger allergic reactions that make it harder to sleep, pillows should be replaced every 12 to 18 months\*.

**6. Don't stress about sleep.**  
We're certainly not saying to shrug off your shuteye like it doesn't matter, but don't stress yourself out about getting adequate time in bed, either. The more stressed you are about getting enough sleep, the more difficult it will be to actually get any.

**7. If you are tossing and turning in bed, get out**  
If you can't sleep get out of bed. Lying there will only make you more anxious and that will prevent your brain from going to sleep. So get up and do something, just as long as it's relaxing and doesn't involve bright light. Then, climb back into bed when you're really tired.

**8. Avoid heavy meals when it's late.**

### **Blood of the Dragon, cont.**

When Razor saw this, he became enraged, full of hate and anger. He ran at the beast, but it smacked him away like an insignificant fly. He continued to try and attack the beast, but the heartless was too powerful.

Eventually the beast swiped at Razor with his claws slicing open his chest. Razor screamed in pain and fell to his knees; he felt his torso and looked at his blood covered hand. Razor began to feel his blood boil and his heart start to race. He stood up and became so enraged that he screamed and a giant beam of purple light formed around him. He started to change form, growing claws, horns, and he stood on all fours. When the purple beam faded you could finally see him in the twilight of the day. He had turned into a dragon!

He roared and lunged at the beast, swiping at him with his claws and then biting the beast on the neck.



### **Effects of Caffeine, cont.**

However, consuming too much caffeine will cause you health problems such as insomnia, nervousness and restlessness, stomach irritation, nausea, vomiting, increased heart rate and respiration, with other side effects. The safety portion for an adult to consume is 400 milligram per day. That's about four brewed cups of coffee or ten cans of energy drinks like soda. Even if you consume caffeine within the safety portion everyday, caffeine has some long term effects. The strongest long term effect is osteoporosis, which makes your bones weak and easy to break. Long term use of caffeine can also cause depression; we should be aware of these effects and find a solution to the side effects.

If you want to stop consuming caffeine and start a healthier life, there are several ways to do it. First, you can simply alternate your drinks when you normally drink coffee or soda. And hopefully you are more aware of the effect caffeine has on your body. Starting from the last cup you are drinking, you can remove your afternoon cups, and then all of them.

### **Tips for Better Sleep, cont.**

Your body isn't meant to be digesting while you sleep, so a big meal too close to bedtime may keep you up at night. Protein is especially hard to digest, so if you have to eat late, opt for lighter fare.

#### **9. Talk to your doctor**

If you haven't been getting enough sleep or are unable to fall asleep, talk to your doctor; it could be something serious.

\*source:

[https://www.huffingtonpost.com/2014/03/17/better-sleep-tips-best\\_n\\_4958036.html](https://www.huffingtonpost.com/2014/03/17/better-sleep-tips-best_n_4958036.html)

### **Bible Verse for Unit 2**

#### **Proverbs 4:6-7**

Do not forsake wisdom, and she will protect you; love her, and she will watch over you. The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding.

### **Blood of the Dragon, cont.**

As the two grappled with each other, Razor picked up the heartless with his mouth and threw him straight into a wall.

Razor then spewed a stream of scalding water at the heartless, burning off pieces of his flesh. Then he charged the monster again and threw him into the middle of the town's square. He shot more water at him, but instead this time it was freezing cold and turned into ice when it touched him. Freezing his arm, Razor lunged at the heartless and used his tail to shatter the demon's arm off. The heartless tried to fight back, but was no match for Razors agility and sheer strength. The Razor used his claws to pry open the monster's mouth and breathe boiling hot water into it, melting its insides to the point where the water started to burn holes through the monster's tough hide. The heartless was gruesomely defeated.

Jamie stood up and yelled, "Razor you did it!" with excitement.

Razor lunged at her grabbing her throat and pinning her to the ground.

**Blood of the Dragon, cont.**

Isaac and Roxas had finally regained consciousness and saw what was happening, Razor was stuck in a mind state of pure rage and wasn't

Word Search source: <https://www.puzzles-to-print.com/thanksgiving-puzzles/thanksgiving-word-search.shtml>



**Thanksgiving Day**  
Fourth Thursday of November

L	L	A	F	A	T	C	W	T	M	C	R	N	H	P	V
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AMERICA  
CANOE  
COLONY  
CORNUCOPIA  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM

GRATITUDE  
HARVEST  
HOLIDAY  
INDIANS  
MAIZE  
MAYFLOWER  
MILES STANDISH  
NEWWORLD  
NOVEMBER

PILGRIMS  
PLYMOUTH  
PUMPKIN PIE  
PURITANS  
SQUASH  
STUFFING  
THANKSGIVING  
TURKEY  
YAMS



snapping out of it. When Roxas saw this he ran towards Razor; holding a large gem in his hand he jumped at Razor. The gem in his hands began to glow and he turned into an enormous gorilla, slugging Razor in the face, sending him flying and breaking his grip on Jamie. Roxas began to change form again, and he turned into a giant wolf. And Razor stood up still dazed, and in a state of rage he looked at Roxas with a murderous intent.

Will the two warriors destroy each other? Will Razor return to his normal state of mind? Will this be what causes a civil war in the group? Find out next time in Episode 3, Civil War.