

## News

### Curing Peanut Allergies

At Addenbrooke Hospital in Cambridge, England, doctors are finding a way to cure peanut allergies. What is in this article is NOT something you should try at home. Doctors in case of an emergency supervised this treatment.

Researchers in Cambridge mixed special peanut flour in the food of 99, 7 to 16 year old children with severe peanut allergies. Every child started with a 2 milligram dose of the flour sprinkled on each of their daily meals. Each dose slowly increased to 800 milligrams. After 2 years of testing, 91% of the kids could eat 5 peanuts and 54% could eat 10 peanuts at a time without having dangerous side effects. By slowly increasing the amount of peanut flour, the child's immune system was able to increase.

Doctors tried a second experiment to cure the allergy. They asked 20 of the children that were successful with the immunotherapy (the first experiment) to stop eating peanuts for three months. After the three months, they were asked to take a small amount of the peanut flour. Of the 20 people, 7 of them did not have an allergic reaction but 13 did.

The goal of this experiment wasn't to completely cure the allergy, but to help prevent life-threatening reactions and deaths. About 400,000 school aged children in the United States have peanut allergies and 150-200 people die from them. Doctors and researchers are continuing to perfect this process of immunotherapy to eliminate the symptoms and effects of this type of allergy.

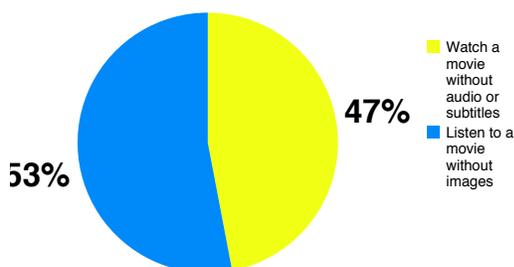
By: Bryan Hwang

<http://www.cnn.com/2014/01/31/health/peanut-allergy-study/>

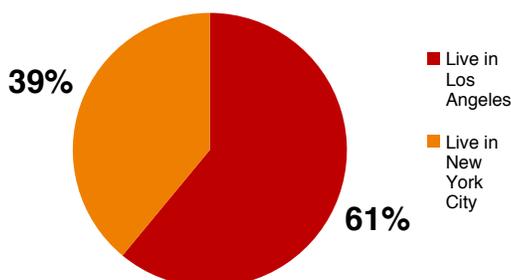


## Surveys

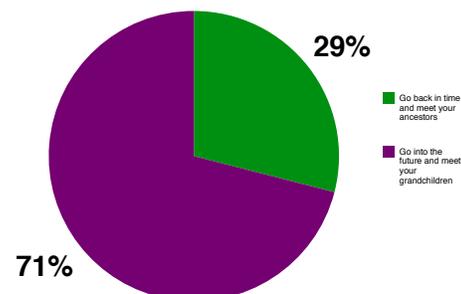
Would You Rather



Would You Rather



Would You Rather





## Ingredients:

## For The Frosting:

12 ounces heavy cream (1 1/2 cups)

12 ounces semisweet chocolate chips

## For the Crust:

Cooking spray

1 recipe of sugar cookie dough, such as

Betty Crocker Sugar Cookie Dough, or use store-

bought sugar cookie dough

## For the Topping:

Peeps

Chocolate candies, such as M&Ms

Optional: Nuts (almonds, walnuts, peanuts, pecans, cashews, etc)

## Peep-za

## Directions:

1. Preheat oven to 350 degrees Fahrenheit
2. Prepare the frosting: A) Pour chocolate chips and 2 ounces of heavy cream into microwave-safe bowl B) Heat for 30 sec. C) Repeat until chocolate is melted and all the cream is dissolved D) Put in refrigerator for 5-10 minutes then remove E) Beat chocolate mixture with standing/hand mixer for 2 minutes until it reaches frosting consistency \*you can substitute store-bought frosting here if you wish\*
3. Spray a 16-inch pizza pan with cooking spray, set aside
4. Prepare cookie dough: A) Pack cookie into small ball, then flatten into disk in your hands B) Set the cookie dough disc in the middle of the pizza pan and press, from the middle out, until the dough covers the pan. C) Bake for 12 minutes, or until the edges of the cookie start to brown D) Let the cookie cool completely
5. Spread the cookie with the frosting and top with Peeps, chocolate candies and nuts.

[www.cookingchanneltv.com/recepies/easter-dessert-peep-za.hyml](http://www.cookingchanneltv.com/recepies/easter-dessert-peep-za.hyml)

## Interview

Q: What subjects do you teach, Mrs. Kwapisz?

A: I teach 7th grade Language Arts and 7th grade AVID.

Q: How long have you been working at Adams Middle School?

A: 8 years.

Q: Have your experiences being a teacher changed your outlook on life?

A: Yes, in fact, it has. I have had more patience and have become more open-minded towards people.

Q: If you could teach any other subject what would it be?

A: Well, if I spoke French, foreign language seems like a fun elective to teach.

Q: What are your plans for your professional growth?

A: I would definitely continue to teach at Adams, except maybe teach at a different grade level like 6th or 8th grade.

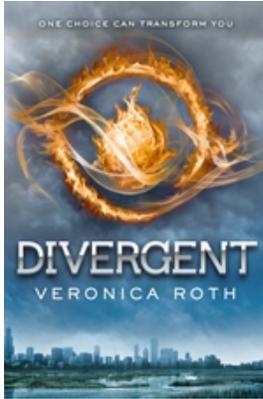
Q: What are your strengths and weaknesses as a teacher?

A: I would say my strengths would be that I am kind, caring, helpful, and want to see students be successful. Some of my weaknesses that I want to improve on are to have more technology in the classroom and grade essays in a shorter time span.

By Erika Zlatkin and Rukhaa Kamran



Mrs Kwapisz  
7<sup>th</sup> grade and AVID  
teacher



### Divergent

Springs hot new movie, based off of the thrilling Veronica Roth trilogy, has already been topping charts. Some even say it will be bigger than *Twilight*. *Divergent* is a perfect combination of romance, action, adventure, and scandal that everyone will enjoy. The main roles in this movie include Theo James playing Tobias Eaton, as well as Shailene Woodley playing Tris Prior. Make sure to catch this movie to find out how Tris' life takes a dramatic turn.

### Shailene Woodley

This gorgeous, young actress may seem familiar. She is in two of the year's hottest movies, *Divergent* and *The Fault in Our Stars*. But you may also recognize her from her once popular TV show, *The Secret Life of an American Teenager*. Her fresh short hair has been making a statement as well as her phenomenal acting. She has impressed us with her beautiful body spread across many magazine covers, and touched us with her moving roles. Talk about a powerful woman!

By: Tatumn Smith and Cheyenne Franklin

## Entertainment

### Daft Punk: Random Access Memories Album

Daft Punk's album *Random Access Memories* is great. It includes songs like "Doin It Right", "Lose Yourself To Dance", "Instant Crush", and much more. The songs have a great beat and lyrics. Daft Punk won two Grammy awards for "Get Lucky" and also performed it at the Grammys. Overall, it's a great album and I highly suggest buying it.

### The Oscars 2014

The Oscars were great this year! Movies like *Gravity*, *The Wolf of Wall Street*, *Frozen*, and *12 Years a Slave*, were just some of the nominees. *12 Years a Slave* won an Oscar for best picture. *Frozen*, won an Oscar for Best Animation. *Gravity* won a total of seven Oscars! Matthew McConaughey won the Oscar for Best Actor and Cate Blanchett won Best Actress. This year, Ellen Degeneres was the hostess and gave the crowd and viewers a good laugh. All in all, the Oscars had great actors, actresses, and movies nominated. I wonder what it will be like next year.

By: Christian G and Julian Ramirez



## Quotes of the Month

"Sometimes good things fall apart, so better things can fall together."

-Marilyn Monroe

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

-Dr. Suess

"All our dreams can come true, if we have the courage to pursue them."

-Walt Disney

## Tongue Twisters

If two witches were watching two watches, which witch would watch which watch?

The thirty-three thieves thought that they thrilled the throne throughout Thursday.

I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.

## Jokes

Q: How do you make seven an even number?

A: Take the "S" out!

Q: What dog can jump higher than a building?

A: Any dog, buildings can't jump!

Q: How do you make fruit punch?

A: Give it boxing lessons!

Q. What do you call a sheep that is covered in chocolate?

A: A Hershey baaaaaar

Source:

[www.pickuplinesgalore](http://www.pickuplinesgalore)

## Did You Know?

M&M chocolates stands for the initials of their inventors.

The only continent with no active volcanoes is Australia.

Sound travels almost five times faster underwater than in air.

You begin to feel thirsty after your body loses 1% of water.

## Feature

### Spring Intramurals

Coach Jackie has been practicing and preparing for the upcoming girls softball season. During the games, the girls motivate each other and they are great team players. In their softball practice, they split into groups and work on batting, catching, pitching, and running. They are always cheering each other on. The girls softball team pitchers are Laura Chafe and Alanis Bondio. Two of Adams' skilled softball batters are McKenna Zayas and Megan Whipp. Due to their determined coach and hard working players, the Adams team will make a challenging opponent.

Mrs. Kallick coaches the boys and girls volleyball team this year. Despite the boys volleyball team's previous loss with Manhattan Beach Middle School, they are as determined as ever to win all their upcoming games. During practice, they work on their bumps, sets, spikes, and passes. The boys work together by calling out when they are open and ready for the ball. The Adams team is excited and prepared for the upcoming season. A few of the boys are on a volleyball team outside of school, and some just joined because it seemed fun. Adams' boys volleyball team hopes to dominate the courts this season.

By Trinity Raiford



Coach: Jackie

Front Row: Pearl Saffery, Mia Wicks, Saige Stock, Britney Reyes, Rebekah Crane

Back Row: Julia Selth, Sophie Shipley, Kempsey Myerchin, Jasmine Reyes, Rihanna Chahine

Not pictured: Megan Whipp, Alanis Bondio, McKenna Zayas, Mackenzie Sumrall, Laura Chafe, Makayla Baldrich

Coach: Mrs. Kallick

Front Row: Nathaniel Lapp, Isaiah Avina, Jackson Chambers, Shuaib Ahmad, Lucas Simoes

Back Row: Darrick Webb, Tucker Merritt, Spencer Isley, Amir Sharifi, Jonah Tavai



Baby, somebody better call God, because he's missing an angel!

Do you have a map? I just keep on getting lost in your eyes.

Hello, I'm a thief, and I'm here to steal your heart.

I must be lost. I thought paradise was further south.

Source:  
www.prongo.com

Dear Adam,

I am so lonely since my friend from school left. Also, I feel like my friends don't like my style.

From, Scared and Lonely.

Dear Scared and Lonely,

I understand your situation. Making new friends is really hard, but that may be your best option. If your current friends don't like you for you, then you shouldn't waste your time with them. My best advice to you is that life is too short to surround yourself with people you don't like or who are mean! Good luck!

From, Adam

Dear Adam,

Hi! I need some advice. I have a group of friends but they kind of ignore me. And they only talk to me if they want something from me or are just bored. Anyways, one of my friends came over because she had no place to go after school. We barely talked and we had no fun. I was a little sad because if one of my sister's friends comes over they talk a lot and they have a lot of fun, so I just want a friend like my sister, and she has a lot. I just need some advice about my friends; if I leave them I'll be lonely. I want to find some real friends that talk to me, so we can have fun. Can you give me some advice? Please.

From, Anonymous

Dear Anonymous,

You're in a pretty tough situation, and I understand why you might feel this way. The way I see it, there are a couple of things you could try. If you don't want to leave your friends try talking to them and reaching out to them, ask them if they want to hangout. You could also try joining a sports team or club if there are still openings, this way you already have a common interest with the people you meet there. Or, you can simply try to meet and talk to new people, either in your classes or outside of school. I know this may seem scary and you're afraid that you'll be lonely, but you cant fix the problem if you don't try – hope this helps!

From, Adam

## Birthdays/Horoscopes

April 3rd- Amanda Bynes  
April 4th- Robert Downey Jr.  
April 15th- Emma Watson  
April 19th- Kate Hudson  
April 26th- Channing Tatum  
April 30th- Dianna Agron

May 2nd- David Beckham  
May 5th- Adele  
May 11th- Cory Monteith  
May 16th- Megan Fox  
May 27th- Chris Colfer

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Created by your own  
Yearbook/Journalism

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### April

You're full of bright ideas this month, but don't expect classmates to share your enthusiasm.

Mars' backward motion indicates that others will not be at their best, for reasons beyond their control. Two eclipses occurring this April indicate that your perspective will undergo a radical shift, especially regarding your future direction. Something going on at home should lift your spirits near the 18th, and aspects occurring on the 29th point to promising new financial arrangements.

### May

With the Sun in the most private angle of your chart, let others fight their battles. Mars' backward motion in your work angle indicates that delays and frustrations may be thwarting your progress, so focus on what's going on in your romantic and social lives, because Venus and Pisces is in your favor. What's more, by the month's end you'll be able to smooth out the wrinkles and get a close personal relationship on a happier track.

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