

HEALTHY LIFESTYLE

Daily tips for good health

By Briana Rios and Jackie Ramos

There are many methods to improve a healthy life such as losing weight, eating less, exercising more, getting more sleep, or drinking more water to prevent dehydration. Here are some tips to a good health.

Having Good Oral Health

Before you eat food you should brush your teeth first. You shouldn't brush your teeth right after you have just eaten, especially if it was acidic foods. According to **health.com** acidic foods such as, citrus fruits, sport drinks, tomatoes, and soda can soften the tooth enamel. The tooth enamel is a very important part of your mouth it's the outer layer that protects the inner part of your tooth. Mr. Gamble suggests, that you should at least wait 30-60 minutes after eating to brush your teeth. Howard R. Gamble, is the ex-president of the Academy of General Dentistry.

Eating Healthy Snacks

Some healthy snacks are like almonds, frozen grapes, edamame, dried plum, celery, and strawberries. According to the **University of Minnesota**, "The food we eat give our bodies the "information" and materials they need to function properly."

CURRENT EVENTS

Trump's Travel Ban Ruled Unconstitutional

By Cristina Perez and Bnisha Cruz

Our new president, Donald Trump, has introduced the United States the immigration ban on January 27, 2017. He has set the ban on Muslims and other places because he believes that they are dangerous and may cause problems in the United States. President Donald J. Trump's immigration ban will remain blocked. On February 10, 2017 President Trump went to court to talk about the immigration ban. This ban is mostly about not letting immigrants into the United States. Seven Muslim countries (Syria, Libya, Sudan, Iraq, Iran, Yemen, and Somalia) would be part of the immigration ban. According to **cnn.com**, on February 9, Trump tweeted in his reaction "SEE YOU IN COURT, THE SECURITY OF OUR NATION IS AT STAKE!" Now that the President went to court, the ban has been on hold because the court said that the ban is unconstitutional. More than 20 states had advised the court to keep Trump's ban frozen, but Texas wants it to be restored according to The Washington Post.

Sources: www.CNN , www.washingtonpost.com, and www.politifact.com

STAFF SPOTLIGHT

Ms. McDonald

Ms.McDonald was born in Woodland Hills. She attended college at CSUN, and majored in liberal studies, which is all subjects, but concentrated on math specifically. Her favorite subjects are math and reading. This is her first year teaching at JJMS. She teaches 6th grade two subjects, Math 6 The collaborative environment to work in. Ms. McDonald said, "My favorite part about working here is the incredible people I work with, both students and teachers. and Powermath. She loves teaching math and she has a passion for working with middle school students. She was glad this school would give her both of those things, along with a great community we have is respectful and willing to help one another."

Coach Alvarado

Coach Alvarado was born in Los Angeles, California. He attended trade school and Pierce College. He completed his Automotive Service Excellence (ASE) for the state of California. The service industry in the US and parts of Canada. His favorite sports are football, ASE is a professional certification group, that certifies professionals and shops in the automotive repair and volleyball, basketball, baseball, and soccer. He has worked at JJMS for 5 amazing years. He is a Campus Project manager/ athletic director. He likes working and listening to the students and his favorite subject is math.

IN THE KITCHEN

Strawberry Crinkle Cookies

By Evelyn Ventura and Michelle Naranjo

Do you ever want to make some dessert? Do you like strawberries and cookies? You can use this recipe to make strawberry cookies. It only takes 18 minutes to make.

Ingredients:

1. An 18 ounce box of strawberry cake mix
2. ½ cup of oil
3. 2 tablespoons of water
4. 2 eggs
5. ½ cup of dried strawberry chopped (optional)
6. ¼ cup of sugar for dipping tops on cookies (optional)

Directions:

1. Combine all ingredients
2. Chill the dough for about an hour to make it easier to handle
3. Shape the dough into 1 inch balls, dip top of ball in sugar
4. Place on a slight greased cookie sheet, sugar sides up, 2 inches apart
5. Bake at 350 degrees 10 to 12 minutes

source: www.food.com/recipe/strawberry-crinkle-cookies-133077

THIS DAY IN HISTORY

Ever heard of Potato Chip Day?

By Edwin Castaneda and Osvaldo Toga

March is mostly known for Saint Patrick's Day and the month with the highest drinking levels. However, there is a special day, that most of you may not have known, that falls into the same day as Pi day. That would be March 14. This day is known as... Potato Chip Day! This day is also known as Potato Chip day because this is when the first potato chip was invented. It goes back all the way to 1853. There was a chef who got a complaint from a customer about his potato slices being too thick. Infuriated, the chef made the customer new potatoes with the thinnest slices he could. When the customer tried it he was overjoyed by the taste. This is why March 14 is also national Potato Chip Day.

SPORTS FEATURE

Professional Football Player Arrested!

By Luis Natividad & Jose Palma

HUMAN INTEREST

Oprah Winfrey



Oprah Winfrey was born in the town of Kosciusko, Mississippi, in an economically troubled neighborhood raised by her single teenage mother. She was abused by her

relatives and her mom's friends. She was pregnant at the age 14 but the baby was born too early. The baby sadly died. She went to school, and after high school she attended Tennessee State University on a full scholarship. The scholarship was based on her communication skills. Then in 1973 she graduated with a degree in speech Communications and Performing Arts. She began her career at Nashville's WLAC-TV, she was both the youngest and the first black female news anchor in the station's history. In 1976 Oprah hosted the chat show "People are Talking". The show became a hit and Oprah continued it for eight years. She was then recruited by Chicago TV to host her own morning show. Her success led to a role in Steven Spielberg's 1985 film "The Color Purple".

She launched "The Oprah Winfrey Show" in 1986. With an audience of 10 million people by the end of its first year, the show earned 125 million dollars. She soon gained ownership of the program from ABC, drawing it under the control of her new production company, Harpo Productions (Oprah spelled backwards) and making more and more money throughout her career.

Source: <http://www.biography.com/people/oprah-winfrey->

King Dunlap offensive linemen for the San Diego Chargers was recently arrested for violating protective order. According to the Nashville Police Department, he was allegedly involved in a domestic disturbance between a women who had a protective order against him. He was booked in jail early but was released after posting a \$1000 bond. Then according to the Tennessean police he was inside the house of the women. The police will continue to gather information and investigate the scene .

TELEVISION REVIEW

Full House full of life lessons

By Denise Lima and Giselle Navarrete

The show Full House is about a father named Danny Tanner and his wife had died leaving her three daughters behind with their father. He raised his daughters as a single parent with a best friend and a brother in law. The daughter's names are Dj, Stephanie, and Michelle. There were funny times and sad times that were shown in this show. This tv show had an end in 1995 but some of the members reunited and continued the series called Fuller House.

Many people may say that this isn't as entertaining as it's been said. However Full House gives out lessons like raising your children alone as a single parent can be challenging at times but there are helpful people around us that will have your back any time. One of my favorite personality from the show was Michelle because she seem very energetic and wouldn't care what other people would say about her or her family. She always had me laughing in every scene because of what she did and said. This made me want to watch the show more often and never miss an episode .

FILM REVIEWS

Captain America Civil War

By Hoa Tran and Leo Zuniga

The movie, Captain America Civil War, came out on May 6, 2016. According to Imdb.com the movie had a budget of around 250 million dollars. The film was directed by the Russo brothers, Anthony and Joe Russo. The movie stars Robert Downey Jr as Iron Man and Chris Evans as Captain America . The movies main plot line was the Avengers team are splitting apart after an international incident where many civilians lost their lives. After the incident the team splits into two sides one for the accord and one against the accord.

We feel this movie was fun to watch and full of thrilling action. Many of the fight scenes were very intense and well choreographed . The plot of the movie was well written and directed. The special effects in the movie were excellent and looked very good on screen. We recommend this movie for someone who likes action, drama, and Sci-Fi.

OP ED

Pro: Money Can Buy Happiness

By Giselle Trinidad and Liam Monton

There are debates whether or not money can buy happiness. There are many reasons in particular why money can buy happiness. "According to Dan Gilbert, Harvard University psychology professor and author of *Stumbling on Happiness*, "...the key is to spend your money on experiences rather than material things. Memories of people, places and activities, however, never get old." (Times Magazine) This shows that money can buy happiness, but it depends on how you use and spend the money. "But on a vacation, people bond with friends and family, see new places, learn new things and create memories."(CNN Money)

You could also spend your money on others, like charity. You will feel satisfaction by donating money to the people in

Con: Money cannot buy happiness

By Trinity Manalad and Crystal Maldonado

Do you think money can buy you happiness? Well, we have come to the conclusion that it can't. Why can't money buy happiness? According to www.wsj.com, "Ryan Howell was bothered by a conundrum. Numerous studies conducted over the past 10 years have shown that life experiences give us more lasting pleasure than material things..." To add on, famous studies show that the people who said, "money can't buy happiness" is either poor or wealthy beyond their dreams. The huge amount of studies by researchers trying to prove money can't buy happiness is just a result of the researcher's own poverty or unhappiness. People also who had huge wins in the lottery end up no happier than the people who didn't win. Once you have money, you

need. I think money can buy happiness. For instance, you are sad that your parents are sick and you don't have enough money to pay for their medical bills, money can help the situation. You can use the money you have to pay for your parents expenses so they won't be sick and they could be with you, and you could be happy.

become happy, but then realized what really should make you happy. Money cannot just relieve all your stress, and it can negatively consume your life. This means that there are other important reasons to be happy. Such as spending time with friends and family. One thing money can't buy is love, and the friendship you have, along with family.

ASK THE EXPERTS

How do you tell a guy that likes you that you don't like him? - Lilo

Dear Lilo,

Be kind and sincere. You need to tell him straight, don't beat around the bush. Take a deep breath and tell him that you just want to be friends and nothing more. If they are mad at your decision take them out of your life. If they really like you they will still be your friend and respect your decision. You can only be honest with him, how he takes it is not your problem.

- The Experts

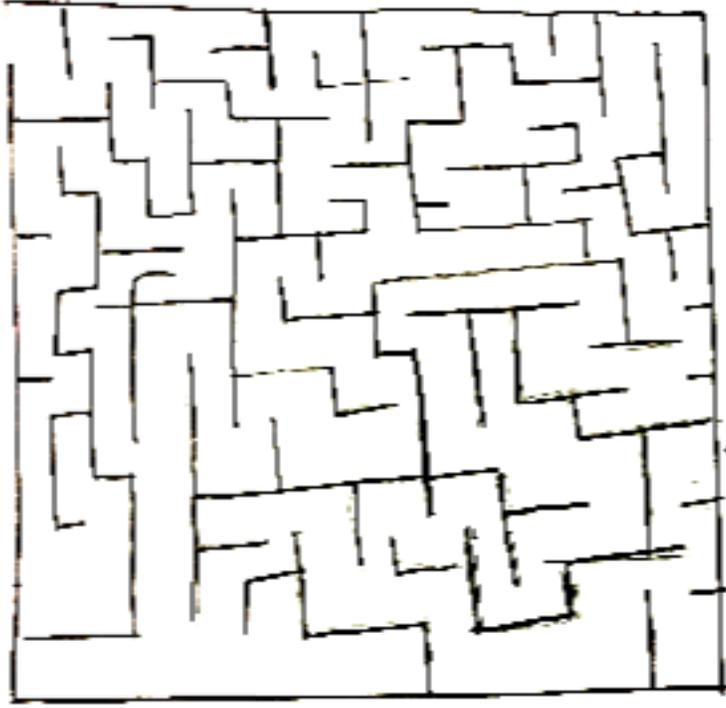
What if i've been liking a guy for a long time now but he hangs out with other girls and pays no attention to me ?-Cinderella

Dear Cinderella,

You need to forget about this guy. If he is not paying attention to you , he clearly isn't interested. You need to move on and find someone who cares about you. Not every guy you like is going to like you back. No guy is worth fighting for. Focus on yourself and forget about him.

-The Experts

Start

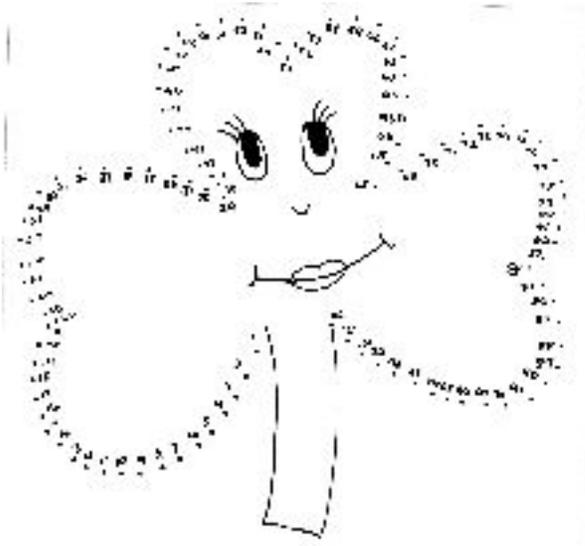


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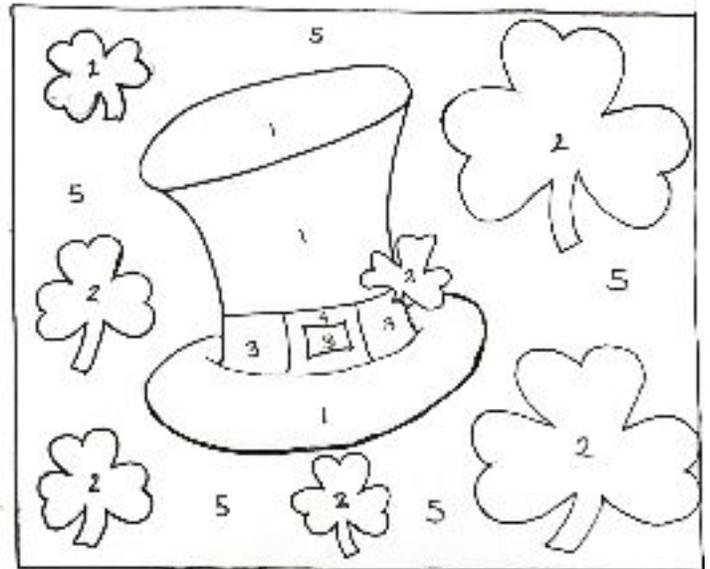
Don't forget to come to Room 205 to nominate a Student of the Month!

Editors: Osvaldo Toga and Edwin Castaneda
Layout Design: Christopher Martinez and Diego Avila

Suggestions? Email cory@jamesjordanms.com



Connect the Dots



1. hat green 2. green 3. black 4. yellow 5. light green
By cory hernandez and nataly gonzalez