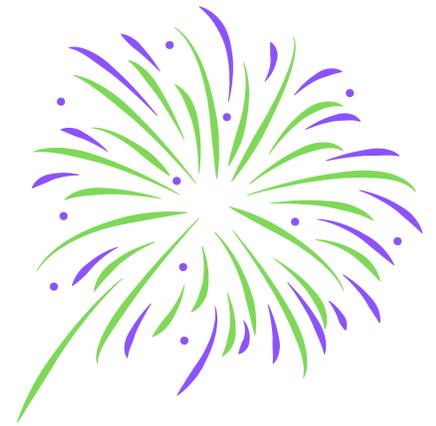


2020



# Skinner Citizen

Issue 2 2019

# Chicken Pox

WRITTEN BY ALEX T.

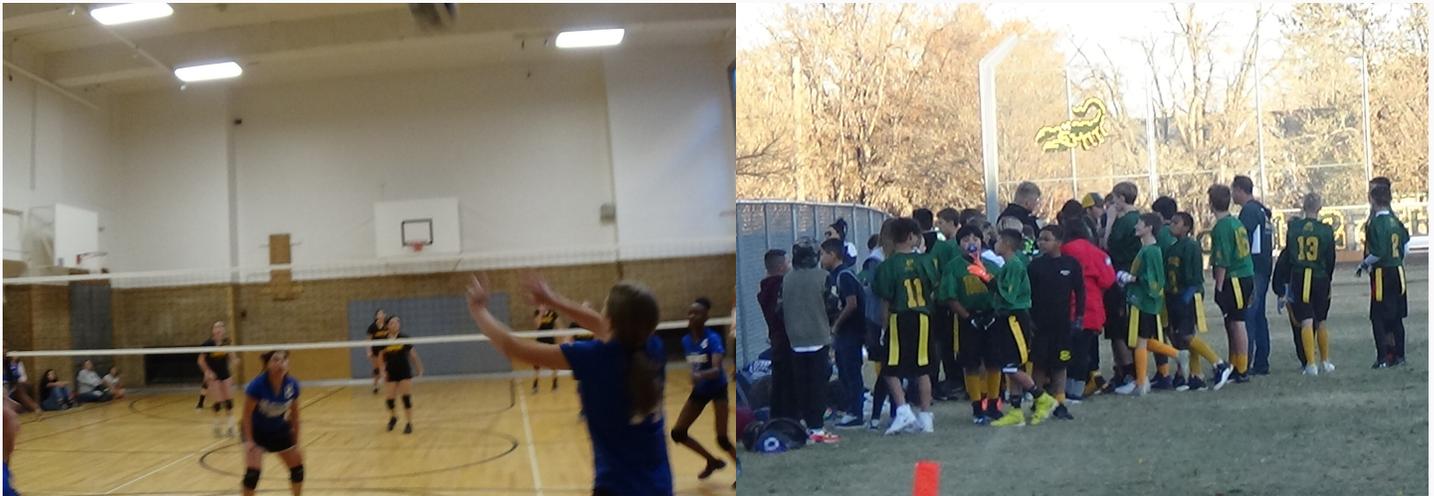
During Halloween in 2019, an Australian mother and registered nurse offered Chickenpox-infected lollipops for sale in an anti-vaccine Facebook group. When this story went viral the world freaked out, because she clearly was doing harm to others rather than doing good. The

classic symptoms of Chickenpox is a rash that turns into itchy, fluid-filled blisters that eventually turn into scabs. The rash may first show up on the chest, back, and face, and then spread over the entire body, including inside the mouth, and eyelids. Chickenpox can cause serious problems, such as Skin infections, Dehydration, and Pneumonia. This is not the first time somebody has done this. Many people have handed out Chickenpox infected lollipops before, and if one person has Chickenpox, every body is exposed to it and they can also all get Chickenpox. The Chickenpox vaccine gives you a small dose of the Chickenpox virus, so over time your body gradually builds up a resistance to it. The logic with the Chicken Pox lollipops is that kids would ingest the Chickenpox virus and build up a resistance in that way. People say this makes it easier to get chicken pox at one time instead of getting the shingles shot or the Chickenpox shot. The problem with this is that not all kids have a strong enough immune system to handle Chickenpox. Colin said, if given the chance “He would sue them for there money.” And he would not be very happy, and the family would have to give him free treatment if he got Chickenpox. Megan said “it is not okay to serve Chickenpox infected lollipops to living human beings’



Image from: [candynation.com](http://candynation.com)

# *SKINNER SPORTS SECTION*



Photos taken by Colin C. and Randy S. during games and practices of the teams

## Volleyball

**WRITTEN BY COLIN C. AND RANDY S**

The Skinner volleyball season had officially started. Only 22 girls were allowed on the team so making it on the team was a challenge! The girls have practice every day of the week, except Wednesday. Coach Espe has been working with the girls, and they are looking good! Their bumps and passes have been practiced and they are working very hard on their serves. Coach Espe bases everything off sportsmanship, skill, and the secret ingredient to a successful team: hustle. We'll keep on supporting the team for the rest of the season. The team is hoping to win the championships, as they got second place last year, the eighth graders have been practicing hard. In 2018, the team had a loss to McAuliffe at the final game for the championships, making them our new rivals.

## Flag Football

Written by Colin C. and  
Randy S.

The Skinner flag football season has officially started. The team has several upcoming games this week. They are playing in the playoffs and are hoping to win the championship. Coach Kelly is the head coach for the Skinner football team and there is a couple of city years helping with the Skinner football team. The team practices in cold weather. The players do whatever they need to do to get better at playing. Students and parents come to support their practice to help them push through to make them better as a player.

# DENVER NUGGETS

Written by Frankie D.



The Denver Nuggets are a National basketball team. As of last year the Denver Nuggets are one of the best teams in the Association. They have a very young talented team that consists of Garry Harris, Will Barton, Paul Millsap, and the two stars Jamal Murray and Nikola Jokic, Aka the Joker, Nikola Jokic is taking the league by storm, he continues to rack up insane numbers. As of now Nikola Jokic has 35 triple doubles and seems to get another every night. The Nuggets are assumed by many people to be the next “Golden State Warriors.” People believe this because like the Warriors, the Nuggets were not very good for a while, but we got all-stars through the draft and are now one of the top teams in the NBA. Last year, the Nuggets made it all the way to the second round of the playoffs and suffered a heartbreaking loss in game seven of a crazy series against the Trail Blazers. They have a goal set now for the Finals. This year the Nuggets look to make it to the finals for the first time in franchise history and win it for the first time. Many people have high expectations for the Nuggets. However, this year the Nuggets will have a tough time meeting their goal, they will have to get past Paul George and Kawhi Leonard with the LA Clippers, and get past Anthony Davis and LeBron James with the LA Lakers. While many people believe in the Nuggets, the media still gives them no attention. The players are well aware of this, many have said they are underrated and overlooked. They want to prove their doubters wrong and bring the Mile High City an NBA Title.



**MAJESTIC  
AMPLIFICATIONS**

**Take this  
ad in to  
get 10%  
off at  
Sunnyside  
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## ABSENCE OF SPECIAL DIET OPTIONS IN CAFETERIA

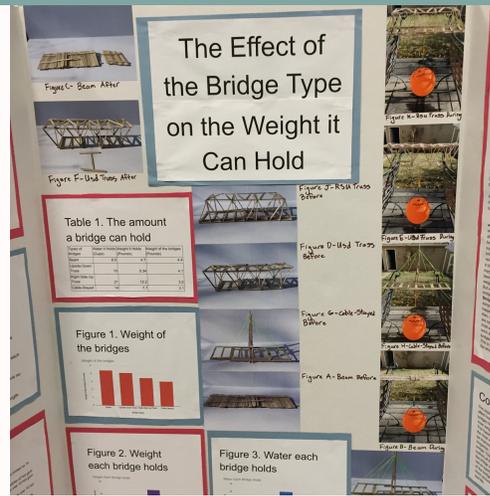
A report by Katie M.

The cafeteria at Skinner Middle School often struggles with the variety of food served, and since there are 3 different lunch periods, most special diet options are gone by the 3rd lunch period. This poses a challenge for special diet kids who aren't in the position to bring their own lunches from home. Skinner has many vegetarian scholars, so when the cafeteria runs out of vegetarian options, the kids have to resort to picking the meat out of dishes or going hungry. Some forms of processed meat have been proven to cause cancer, and meat can be expensive, so there is hardly any benefit to having meat-centered dishes other than the fact that meat contains proteins vital for growth and that DPS lunches need to meet a certain protein level in lunches, often achieved through meat. However, beans, milk, cheese, peas, peanut butter, nuts and potatoes also contain protein, and can be cheaper than meat. If the cafeteria served these kinds of foods instead, there would be less need for meat and more room for vegetarian options. The Skinner cafeteria serves peanut butter and jelly sandwiches almost every day, but this is only partially effective. Some kids are allergic to peanut butter, and the single use plastic packaging used is very wasteful to be used every day. In order to counter these problems, the Skinner food staff could order more diverse options that meet a variety of dietary needs, or they could look into "Meatless Mondays," where they would refrain from serving meat and serve other options instead. Skinner Middle School has many special diet kids, so it would only be fair to have more options for them.

Photo from

[https://www.google.com/url?](https://www.google.com/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwi6u6m3_KjmAhVUgp4KHWcMDbYQjhx6BAgBEAI&url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DfXXZnysdhBo&sig=AOvVaw0VWO7NKoEhHEbjtp5S7eH1&ust=1575994736173359)

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# SKINNER SCIENCE FAIR

Written by Ronan K.

Here at Skinner we have an annual science fair, some people love it, some people hate it, but where did it come from? Why do we do it every year? The first science fair ever held was in 1942 when Dr. Harlow Shapley, Joseph H. Kraus, Watson Davis and Miss Margaret Patterson, and G. Edward Pendray set up the first national science fair. But why do we do it here at Skinner? Some people think it's to improve our knowledge on certain topics that might change our lives. Let's see what science teachers think about science fair. The first question we asked them was, 'Why do you think we do science fair here at Skinner?'. Their response might shock you, Mr. Volinsky stated, "We do science fair here at Skinner because it helps students prepare for real life in an experiential way. Teachers are always talking about how our job is to prepare you for success as adults, and science fair is a way to practice this in a setting that is both structured and supervised, but also allows students to stretch their abilities and imaginations". Then we asked him, 'How do you think this helps Skinner students?' "Science fair helps every Skinner student build skills and abilities that are transferable to real life. It helps students learn how to manage their time and meet deadlines, it helps students feel the accomplishment of seeing something through from concept to completion, and it gives us the chance, as a school community, to celebrate hard work and achievement,". Mr. Volinsky responded. The final question we asked was, 'What do you think would happen if we didn't do science fair here at Skinner?' Mr. Volinsky responded with, "If we didn't do the science fair here at Skinner, science teachers would get better quality sleep at night."

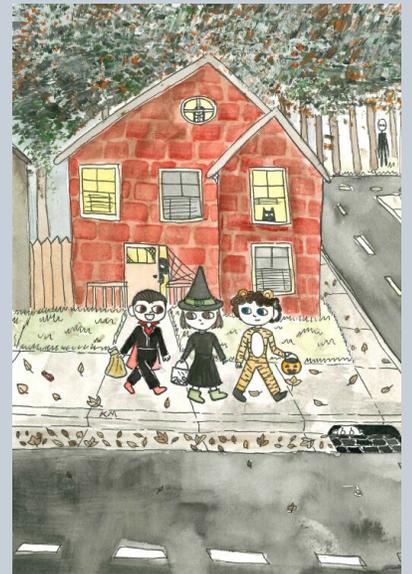
Now that we know what our teachers think of science fair and where science fair started, we ask the question, 'why do we do science fair'? Now this question doesn't just go for our school, it goes for all schools. Science fairs are shown to include all skills a child has been taught, this means that doing the science fair consistently, you will boost those skills and become better at reading, writing, graphic arts, logical thinking and even public speaking! Not only that, science fair also helps build confidence in young kids and helps boost their scientific inquiry. Sure it helps students with all of that, but what do the students think of the questions we asked our teacher(s)? We went out to see. Katie (an 8th grader) says, "We have science fair to teach kids not only science, but to teach them other skills, like stress and time management,". Then we asked Katie, 'How does science fair help students?'. She responded with, "Science fair helps teach students how to manage their time wisely and how to do good work under pressure,". With the response to the question 'What do you think would happen if we didn't have science fair at Skinner?' "Well kids would be a lot less stressed," Katie responded. As it turns out, students and teachers think alike when it comes to science fair, both sides think it teaches something. We didn't let them see each others answers but somehow, they answered the same.

# Art Section

Poem by Ellary H.  
Art by Katie McManus

The seas are rising  
Our resources spent  
Our Earth comprising  
Of fossilsules sent  
By racing cars, by grazing cows  
Tiny flaws  
And braking vows  
We have broken  
Our earth apart  
With tiny cars  
And live stock farts

Yet we have broken It apart together  
Despite our denial  
Birds of a feather  
There's no single person  
Not one cruel act  
But all of us who have left our  
mother dry and cracked  
But not to fear  
It won't take long  
For the birds to resume  
Their pretty song



*If you would like to see your work in the paper, stop by the LMC and submit your work to Ms. Lewallen!*

# PROCESSED FOODS

Written by Kyrstin P.

Did you know that eating more than 700 grams of red meat increases your risk of bowel cancer? Or that the risk of developing bowel cancer goes up 1.18 times for every 50 grams of processed meat eaten per day? Processed foods, are in everything we eat on a daily basis and we may not know exactly what it could be doing to us. According to the article [Highly Processed foods tied to Higher Cancer risk](#) it states “Every 10 percent dietary increase in packaged snacks, fizzy drinks, sugary cereals and other highly processed foods boosts the risk for cancer by 12 percent, new research suggests.” The most common known food that is highly cancer causing are Hot dogs and other meats, sweet foods, and sweetened beverages. Breast cancer in particular was associated with greater consumption of “Mass produced, Ultra processed foods”. We may not know what we are putting into our bodies which is not good because they can shorten our lives without us even knowing. The reason why these foods are highly cancer causing is it has a lot of fat and they are extremely high in salt, nitrate. Every day you are putting terrible things you may not know in your body is not good especially cancer causing.



**MAJESTIC  
AMPLIFICATIONS**

## Should we have a Four Day Week?

WRITTEN BY TATYANA G.

Some Schools have 4 day weeks because they want to save money, although this is normally because they cannot attract much staff and there is evidence that it can be harder for some kids to have longer school days. People also add that having a 4 day week would be great for most student athletes because they probably would not miss as much class when an event happens, although they would miss much exercise time during the evening, but there would be a lot less work to make up when events occur on a day off. I went around and asked some 8th graders some questions. I interviewed Ellary Hammermeister-Sugar and Nisani Thomas. Ellary states “We should not have a 4 day week because I like school.” Nisani says “we should have 4 day weeks because school is very stressful, and time off would give us more time to complete work.” Ellary says, “we should not have a 4 day week because it would mean less education and it would mean another day of kids forgetting stuff and more time on video games”. Ellary thinks “that having a 4 day week is possibly going to mess with the system,” and Nisani says “we learn many unnecessary things. Nisani said she would get more sleep, and work on homework and work on chores if we have a 4 day week.” Nasani thinks that it would give teachers opportunities to plan things. Ellery thinks “yes but she doesn't think it fair for the teachers to work 5 days and kids don't go to school. “Do you think teachers should also get a 4 day week? Nisani says “depends if they have a lot of planning”. Ellery says “yes or if they don't they should get paid for the work they are doing.” Do you think we should have a 4 day school week?



Photo found on Skinner web page. Photo by Rebbeca Caldwell

