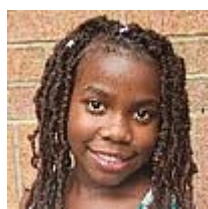




Youth of Today  
Hope of Tomorrow



## Shark Attacks



by Zuri King  
Idea Montopolis Academy

Fatalities of shark attacks are very rare. In fact, you are more likely to get hit by a car or get struck by lightning than getting attacked by a shark. And if a shark attack does happen, people are more likely to survive than die. Most sharks will ignore people in the water. But some sharks are very dangerous like the great white shark, the striped tiger shark, and the blacktip shark. According to research, in 2021 there were 37 shark attacks in the United States. People are at

risk of being attacked by a shark when they are on a boogie board or a surfboard because whenever you paddle with your feet and legs it looks like you are a shark's favorite food which is a seal. Sharks are attracted to the smell of blood. For example, if someone were fishing, the blood of the fish would attract a shark and the person catching the fish would have a high chance of getting attacked by a shark. Some of the most common places for shark attacks to happen are: Florida, Australia, Hawaii, South Africa, South Carolina, and California. Some ways to prevent shark attacks are: don't wander too far from shore, don't swim alone in the water after night time, and do not go in the water if you have an open cut.

## Monarch Butterflies



by Zoey King  
Idea Montopolis Academy

Monarch butterflies are beautiful insects. They are famous for their seasonal migration. Monarch butterflies are indigenous to North and South America. They can travel between 1,200 and 2,800 miles or more. They migrate from the United States and Canada to Central Mexican forests. What makes the monarch butterfly so special is that they are one of the most recognizable and well-studied butterflies on the earth. The monarch's orange wings have black lines and are covered with white dots. Unfortunately, monarch butterflies live from 2 (two) to 6

(six) weeks except for the last generation of the year which can live up to 8 (eight) to 9 (nine) months. For several years monarch butterflies have become a rare sight event during July and their normal flight paths. Scientific evidence from all over the world say that monarch butterflies are disappearing. Some additional facts about monarch butterflies are: Monarch butterfly bodies contain poison that protect it from being eaten by predators, and monarchs smell with their antennae. Nectar and water are tasted by sensory hairs on their legs and feet. Although the wings are a pretty color, it is a warning that they are poisonous. Some ways to attract monarch butterflies are to plant milkweed and plant native wildflowers along your driveway and fencing. Overall, monarch butterflies are interesting and beautiful creatures.

## Sanctuary States



by Tyler Allen  
LBJ High School

Sanctuary states are supposed to be safe places for undocumented individuals in time of need or danger. Members of the Republican Party see sanctuary states or sanctuary cities as places where illegal immigrants are protected. On the other hand, the Democratic Party's view of sanctuary states are areas where undocumented individuals are protected from aggressive attempts of deportation. But the real question is, "Is our Lone Star State one of the many sanctuary states?"

Texas was a sanctuary state until 2017 when Senate Bill 4 was passed. This bill is a bill that effectively bans sanctuary cities in the State of Texas. The bill was filed on November 15, 2016 and was passed August 2, 2017 which isn't that long ago! Austin, Dallas, Houston, and other cities and counties sued Texas to block the law, saying it is unconstitutional, opened the door to more racial profiling, and would make documented and undocumented immigrants fearful of reporting crimes and cooperating with the police, which is not good for anyone. Even now we see repercussions from that bill passing. But there are many states like California, Colorado, Connecticut, Illinois, Massachusetts, New Jersey, New Mexico, New York, Oregon, Vermont, and Washington that are sanctuary states.

## Sports Medicine Training



by SaNaya White  
Ann Richards School  
for Young Women  
Leaders

My future occupational interest is to become an athletic trainer. I am passionate about helping assess, assisting in diagnosing, and guiding athletes through their journeys of rehabilitation. I love interacting with others and I believe that that interaction is what I look forward to the most. I was able to get a hands-on experience in sports medicine on Wednesday, September 29, 2021. My athletic trainer at my school offered me the opportunity to work alongside her at a football game. I decided to attend to see what an on-site trainer does. Before attending the football game, I prepared my medical pack. My pack included some materials that I could have needed to stop

bleedings, wrap an injury, or care for any other medical situations or emergencies.

After school, our Head Athletic Trainer Ms. Kristine White and I met at the field where the football games were to be held. We prepared by making an introduction to the team coaches. In addition to this, my trainer explained all of the rules of football to me. I learned many things about the components of football and how they corresponded with athletic training that I did not know before. Trainer White and I covered two middle school games and cared for six injuries in total. The six injuries were composed of broken/injured fingers, bruised collar bones, a busted lip, and last but not least, scraped elbows.

Ms. White gave me the challenge to approach one of the injuries on my own. With minimum assistance, I was able to tend to an athlete with two scraped elbows resulting from diving on the field. I stopped the bleeding, cleaned, and taped his elbows in a way that he could safely return to play.

## Recovering Dryness



by Ruby George  
Weiss High School

Droughts, wildfires, and water shortages have been taking over the Western United States, and the forecast is not showing much brighter. A new water year began Friday, October 1, 2021 re-setting the clock for many states who are hopeful to start over and see better results. The water year is defined as October 1 to September 30th. This 12-month period was chosen because it is an ideal reset period in terms of the United States water

cycle, and October 1st presented a good natural break for many regions of the US.

The water cycle is after monsoon rains peak in the Southwest, before the volume of snow begins for the Northeast and Midwest, and is when tropical cyclones wind down for the Southeast. The end of the water year was actually good for some states. Tucson, Arizona had its third wettest monsoon on record. From June 15th through September 30th Tucson picked up 12.79 inches of rain.

Recently, rainfall in Washington State was more than generous in September. Seattle picked up more than 3 (three) inches of rain which is 188% of normal. Nearby, Bellingham picked up more than 4 (four) inches of rain, making its fourth wettest September on record.

## Visit to Disney World



by Kyrie Williams  
Nehemiah Christian Sch.

This September, we took a special trip to Orlando, Florida to visit Disney World for my birthday this year. It was my very first time flying in an airplane and it was fun. When I got to Disney World, I was able to see the

Cinderella Castle in person. I met Ronald McDonald, Clarabelle Cow, Goofy, and Goofy's son Max. I went to a Water Resort, road on a roller coaster, and was able to see the Fireworks one night. My family and I stayed in Disney World for three whole days. It was a lot to see and do. My mom said we are going to return and have a longer stay next time to do things we were not able to do, and see things were not able to see this visit. I must say even though I didn't get to see the whole Disney World Park my eighth birthday experience was awesome.

## School Happenings



by Ava Roberts  
Pflugerville  
High School

October 7th ends the first nine weeks of school. The semester is quickly passing. And there are a lot of events happening around my school. Our volleyball team is holding its Annual Serve-a-Thon. Girl basketball players are participating in Fall Ball. Students are preparing for a four-day weekend from October 8-11, 2021. Teachers are getting ready to post grades for the end of the nine weeks.

There are also a lot planned events in the district during this month. October 2nd was *National Custodial Workers Recognition Day*. October 6th is both *National Coffee with a Cop Day* and *National Walk to School Day*. October 7th is the *Schoolhouse Scramble Golf Tournament*. October 13th is *PSAT (Preliminary Scholastic Aptitude Test) day*. And throughout October 15th, we will continue celebrating *National Hispanic Heritage Month*.

As you can see, there are a lot of happenings around the school and in the district. I like to stay busy and can truly say that "Time flies when we are having fun."

## Youth Fitness



by Kaitlyn Cannon  
Blanton Elmn. Sch.

The World Health Organization (WHO) advises that pre-teens like myself should be exercising at least an hour per day, practicing healthy habits. Until August 2021, I was doing school work virtually, since the summer of year 2020. I was sitting a lot and doing school work online. Later in the day, my classmates and I or next-door neighbors would virtually visit online, playing electronic games which was entertainment to us, as well as kept our interest. Our social distancing was and still is very limiting in being outside for long periods of time. Outdoors games were also restricting. Boredom was so visible to me, as well as to some of my classmates and neighbors my age.

I did get a few opportunities to go with my Mom when she went to her exercise classes as long as the social distance was allowed. My Mom and I also walked several times a week as well as bicycle riding. Eventually, my volleyball coaches called to tell team members they could come back to practice which also included: doing warm-ups and running exercises. I got most of my exercising done in our backyard, and sometimes in our front yard. I learned more about the need to warm-up before training to ensure that energy and oxygen gets to the muscles. The bored feelings eventually went away as long I was actively doing some form of exercising.

Exercising should focus on: (1) strength exercises which include using body weight to help build strong bones, (2) endurance activities which include running, throwing, and catching, (3) cardiovascular which includes boost, stamina, and metabolism, and (4) flexibility-children tend to have less flexibility during a period rapid growth.

## Procrastination



by Joshua Moore  
Manor High School

Slothfulness is one of the most common causes for procrastinating on a task. When a person indulges in comforts and slothfulness, his motivation for action is weakened. When a person becomes concerned about the task's outcome, he is more likely to put it off till later. Low self-esteem, a lack of determination, a lack of attention and distraction, as well as high impulsiveness,

are all characteristics that contribute to procrastinating work.

Procrastination has a number of negative effects. It keeps the mind in a state of stress. If you do the work right now, you will be relieved of your stress. Putting off work until a later date more frequently may prevent us from enjoying the benefits that could have resulted from it being completed. A successful person strikes the iron when it is still hot. When procrastination becomes a habit, all joy and carefree living fade away, and we are left with a life of constant anxiety, which is not at all a life worth living. While procrastination is bad for individuals, it could be far worse for groups, communities, and countries.

## Last Weekend



by Madison Roberts  
Nehemiah Christian Sch.

I went to visit my cousin's house this past

weekend for his birthday. I spent the night at their house, then went to my other cousin's house because we were all going to eat breakfast together on Saturday morning. While I was there, I got to ride on the bike. After riding the bike, I went to meet my Mom at Luby's Cafeteria to eat. After we ate at Luby's, we went home, I took a shower, watched television and went to bed.

## October Has Arrived



by Lacey Johnson  
Connally High School

Throughout the years living on through the world, we are bound to meet the various seasons, holidays, and temperatures the world so diligently offers us. Within my range of 17 years of experience, I can easily decipher October to be the grand month compared to the others, the unique specialness that comes with October is simply unmatched.

At this point when most people dwell over the month of October, minds consequently bounce towards the holiday of Halloween. *Halloween* is the most anticipated occasion of the October month and for valid justification as well. Moments include the giggling of upbeat youngsters meandering from one house to another to the stillness present in the night sky that keeps the theme of spooky together that *Halloween* permits. On the contrary, the last night of October is claimed by spirit-

alists to be the day where the barrier between spirits and our human reality is thinner than ever granting people who indulge in this belief to have higher rates of success in communicating with those who have passed. Although Halloween catches most of the praise, did you know that October has more to offer than the eyes can see? For instance, there are various little occasions that go with every day of October like *World Smile Day*, *National Cat Day*, and of course *National Candy Corn Day*. All lovely simple holidays that put an emphasis on appreciating the less grand, more daily things we partake in, all of which add the perfect etching of decor in the pumpkin of October.

I believe it is critical to look past the conditions upon us and utilize all of the energy we have to see the appeal in the long stretch of October. As far as you might be aware, this could in all likelihood be your last time experiencing the month that comes so precious once a year. So snatch yourself a pumpkin, cut your negative energy away and present yourself with a glass of pumpkin flavored latte to settle with the splendid light of the sun.