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What can you do about **stress**?

To the right person at the right time, stress can be a lifesaver, but to most of us, it just feels like a nagging sensation, only dragging us down. How many of us on a preparation day have heard the familiar “Do the dishes!” “Feed the dog!” “Did you vacuum?” “Why isn’t the living room clean?” in such rapid succession, that after your head stops spinning, you can’t even remember your next chore.

To solve this common problem, I’ve taught myself a simple formula.

1. Pause 2. Prioritize 3. Organize 4. Execute

The first step is probably the most important. Among all of the chaos and loud noise, it is necessary to find a quiet place to briefly stop and think.

Once things start to slow down, you can begin step 2—prioritize. Take into consideration all of the chores you have left to complete, and file them into an imaginary list, prioritizing them in order of importance.

The next step is to organize your list, making sure to take into consideration the time needed to complete the tasks, in order to save time.

Finally, remember to execute each and every chore precisely and with care, doing the best job you can.

Hopefully, with the help of these simple steps, you’ll have finished dusting just in time for someone to yell, “Will someone please set the table?”



Pete Meyer,
Editor in Chief

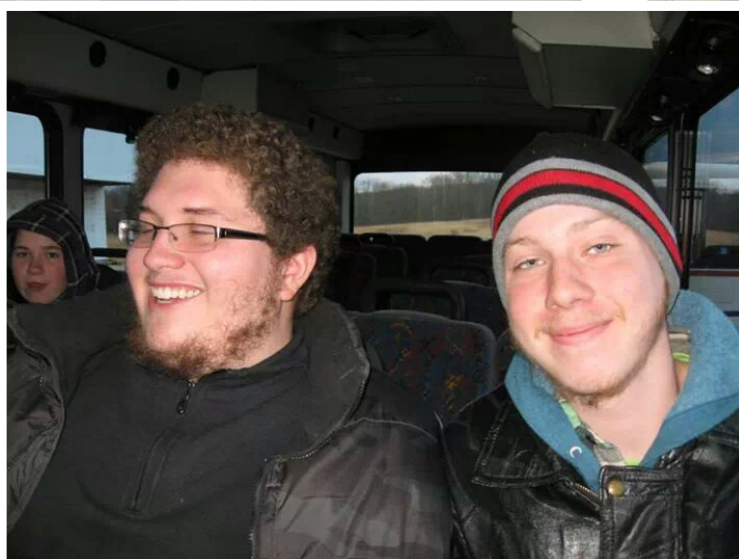


CREATIVE WRITING —David Dolph

Recently, the High School received an assignment to write about the values expressed in the Gettysburg Address, and a winning essay was chosen. Peter Meyer was selected, and we are including his essay in this month's issue for your enjoyment.

Over the entirety of this nation's history, from its very inception, American citizens have given their lives to the preservation of this nation's ideals. These lives cannot be properly honored except we, the people, remember their sacrifice and continue their struggle in protecting and shaping this country. In many ways, we have. In the years since the founders of this nation first began this country, it has grown from a political experiment with thirteen small colonies, into the greatest nation on this earth, shining its beacon of freedom across the world.

However, in recent decades, we have been involved in an entirely new struggle. The spread of liberality in this country is only growing faster, and government officials, senators, and representatives alike have been swayed by its influence. In order to stop this encroaching doom, we must turn again to the foundation set by our forefathers, and move forward in liberty, lest this great nation, whose likeness has never been seen, nor soon will, fades away from history, and freedom perish from this world. —PETER MEYER



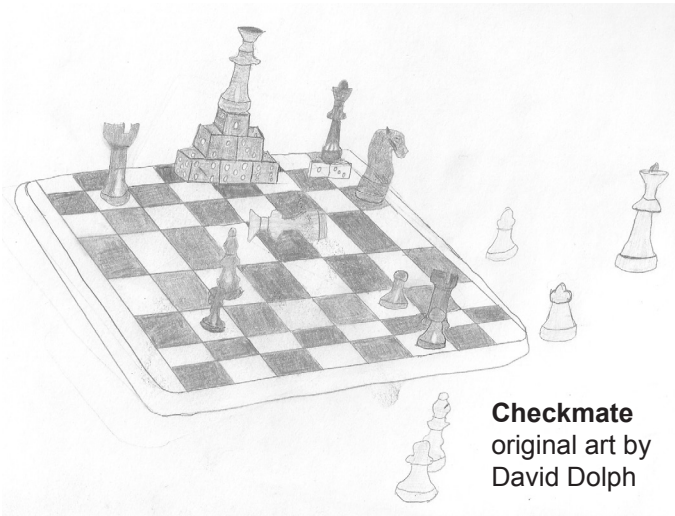
Photos from our trip to Gettysburg for the Commemoration Ceremony of the Gettysburg Address November 19, 2013

Tuesday, November 5, was a Jeopardy Day for Dalet School. Jeopardy is a trivia game testing each student's ability and knowledge in different subjects. For photos of this event, please see page four.

We observed Hanukkah day, remembering Purim on Monday, December 4. Each student made menorahs and enjoyed potato pancakes called latkes.

Art Appreciation

This term we are studying Rene`Magritte. Rene` found his passion in *surrealism*, ideas from the strange things that happen in dreams. He juxtaposed unrelated objects, placing them side by side. These images seem both real and unreal—surreal.



Checkmate
original art by
David Dolph

Sunshine
original
art by
Hailey
Desatoff



The 1800s

by Hailey Desatoff

In this report I'm going to be talking about the 1800s and how they used to live.

When the early colonists arrived, they didn't have houses ready for them. While they were waiting for their houses to be built, most of them lived in caves or huts. After their houses were built, they lived in log cabins, dugout houses, or sod houses. The people that moved to Kentucky or Tennessee commonly lived in log cabins. The people that moved to the prairie commonly lived in dugouts or sod houses.

The pioneers usually brought some of their own furniture. Any furniture they couldn't bring they built themselves. Since they couldn't just walk into a store and buy a mattress or a pillow, they had to make their own.

For a mattress, they filled a large cloth bag with dry cornhusks or leaves. For blankets, they used skins or furs. Nowadays people have a lot of decorations or knickknacks around their homes. Back then, their decorations might have been candlesticks, pewter bowls, or tinderboxes. For utensils, many older boys whittled wooden knives and forks, plates, cups, cheese hoops, butter paddles, buckets, dippers, and other things.

Many pioneers kept a supply of corn meal and at least one cow with them. The main food that they ate was corn things like mush, pone, johnnycake, hoecake, or corn bread. Some of them managed to get a few chickens. Salt was scarce.

After they settled into their new homes, they would plant a garden. That garden would supply them with the vegetables they needed. After their gardens were planted, they enjoyed squash, potatoes, pumpkins, cabbage, and other vegetables.

Quotable Quotes

- Words have power to mould men's thinking, to direct their willing and acting. — ALDOUS HUXLEY
- Today you are you, that's truer than true; no one alive is youer than you.—DR. SEUSS
- I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.—HELEN KELLER

Jeopardy Day!

Dalet School has Jeopardy Day on the school day following the New Moon service. Dalet School students participate in this popular game. Just like the television show Jeopardy, three students compete against each other to try to win the most points by correctly answering questions from different categories. Mr. Shaparenko comes up with these categories.

The first player chooses a category, then Mr. Shaparenko gives the ‘answer’. Whoever thinks they have the ‘question’ presses their buzzer. Mr. Shaparenko will tell you if it’s right and awards a certain amount of points, depending on the difficulty of the question. Most of the categories are about the Bible (for example, Genesis, Commandments, Yahweh, Yahshua, Assemblies of Yahweh history, etc.), Math, Geology, Chemistry, and Book Reports, just to name a few. This is always a fun day for Dalet School!



SPOT THE DIFFERENCES



There are five things that have changed in the two photos of the reenactors at the Gettysburg Address Day.

**Can you spot all five?
Answers in the next issue!**

