



# ***Pride Times Vol 8***



# Sandwiches!

**A sandwich is a food made of vegetables, meat, or dairy put in between 2 slices of bread. Sandwiches are a very common food, and are made to bring to work, school, picnics, etc. They are also eaten as a part of a packed lunch.**

**Sandwiches can also contain condiments such as mayonnaise, ketchup or mustard. There are well known variants of sandwiches, such as a peanut-butter and jelly sandwich.**

**The sandwich is named after it's inventor, John Montagu, 4th Earl of Sandwich. See picture to the right. -->**

**The most iconic sandwiches in Iowa are loose meat sandwiches. The most loved sandwich is grilled cheese. According to the YouGov survey, 79% of people reported loving the grilled cheese sandwich. So, the grilled cheese sandwich is the ultimate comfort food.**

Sources!

[Sandwich](#)  
-  
[Wikipedia](#)





## HISTORY OF VANS AND SKATEBOARDING

Vans has been around since 1966, the founders were brothers Paul Van Doren and Jim Van Doren they also had two partners, Gordon Lee and Serge Delia. Vans is a skateboard shoe company. It was started in California and now they are one of the best brands of skateboard shoes. Vans had a large impact on the skateboarding community. Skateboarding requires hard work and determination. All you need for skateboarding is a helmet and a skateboard. There are many places to get a skateboard, but you should not get any boards from Walmart or Target or any places like that. It is suggested to get a board from a local skate shop. [Try this one.](#)

These are The People That Founded Vans





# DUMB SUES! PT.3!!

In 2008, a sleepy 16-year-old student, Vinicios Robacher dozed off during class and was woken up when his math teacher, Melissa Nadeau, smacked her palm down on his desk. The student's parents decided to sue Danbury High School, the Connecticut Board of Education and the city of Danbury on his behalf, claiming that Vinicios suffered "severe injuries to his left eardrum." The case was dismissed and, the kid was the outcast of his school after that.



**Man sues dry cleaners for \$67 million because they lost his pants. Yes, a man in New York, sued a local dry cleaners for \$67 MILLION, because he lost his pants in a dryer! Those must've been some expensive pants! The man ended up winning the lawsuit, Wow, the law is weird.**



Ymir, who is lesbian, was the first to get titan powers AOT



Yuu lesbian the anime she is from is on Crunchyroll biy.



Uranus is lesbian and is the 6th weakest member sailor moon

TRANS/GAY NIME char



Grell Sutcliff from black butler is a trans women. Her real name is Gurerv she is also known as jack the ripper and madam reds butler. She is bisexual and loves the color red .



Yuuri is gay and his favorite food is katsudon YOI



Kusakabe is gay and is in a band classmates



Victor is gay and he is 27 YOI



Ranka Fujioka from OHHC is gender fluid he goes by ether he/him or she/her. She is Haruhi's dad and dresses in both male and female clothing he is bisexual, and her wife and daughter support her



Sato is gay and he has autism given



Shinji is bi and he can't swim evangelion



Dio is bi and he has become a vampire

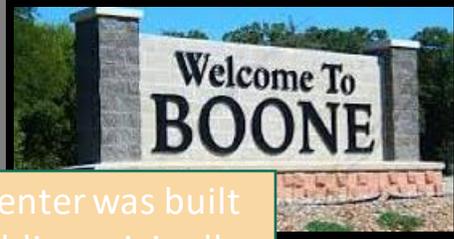
Aluka Zoldyck is a trans girl she is the second youngest child in the zoldyck family. She was possessed by a creature called nanika she is a very bright girl around killua but not around others



By Parker/Tara he/him



# HAUNTED HISTORY WITH MRS. JONES



The Boon History Center was built in 1907 and the building originally was used as a temple that housed a secret society called a free mason. In the secret society must complete tasks to increase your power level. People would be lowered into a 12-foot hole, search for trinkets, and then try to find a way out

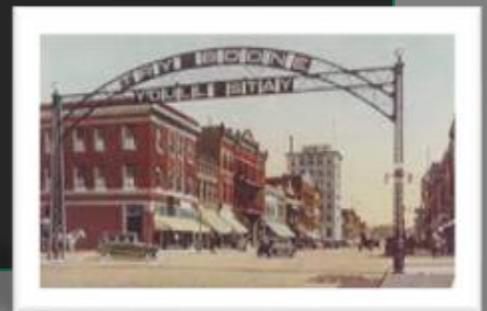
This was super-secret, so no one knows if these stories are true, and the only proof of its existence was from people who said they were in the society and talked about it. In 1990 the building was repurposed to the Boon Historical Center. They held all sorts of artifacts like teeth and immigrant artifacts from people going to America. They had prehistoric bones and horns from mammoths. They had a hero exhibit of parts of soldiers that served. They have a woman's suffering exhibit (Boon was big on women's rights) full of the dresses that the women wore and signs they carried while protesting.

[Learn What  
Ghost  
Hunters Found  
HERE!](#)



They have a storage room full of weapons such as weapons and guns and knives and weapons from the Native People found by archeologists. This room is said to be haunted because of the number of relics from dead people. One time Mrs. Jones was talking to a museum employee when a chair suddenly slid across the room with great force. The museum employee also described the door to that storage room opening itself.

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# What Are Your Dreams Telling You? Pt 1

What kind of sleep are you getting these days? Is your nighttime regeneration followed by visions you forget before you get up; by dreams that make you happy as you question their meaning; by nightmares that have you unable to wake up; or by a dream conversation? Have you ever thought what your dream was trying to tell you? In this page, you will find out the meanings of types of dreams.

## What Exactly Is A Dream?

Dreams are hallucinations that occur during certain stages of sleep. As we know, dreams can be fun, entertaining, frightening and sometimes bizarre.

## Causes:

There are several theories why we dream, some possible explanations why we dream includes:

- Representing unconscious desires and wishes.
- Interpreting random signals from the brain and body during sleep.
- Consolidating and processing information gathered during the day.



## Phrases Of Sleep:

There are 5 phrases of sleep in the sleep cycle:

- Stage 1: Light sleep, slow eye movement, and reduced muscle activity.
- Stage 2: Eye movement stops and brain waves become slower.
- Stage 3: Extremely slow brain waves called delta waves begin to appear, interspersed with smaller and faster waves.
- Stage 4: The brain produces delta waves almost exclusively. It is difficult to wake up someone during stages 3 and 4. which together is called "deep sleep". There is no eye movement or muscle activity.
- Stage 5: This stage is known for rapid eye movement (REM). The individual's breathing becomes faster. Heart rate and blood pressure rises.

# What Are Your Dreams Telling You? Pt 2

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## Nightmares:

Nightmares are distressing dreams that cause the dreamer to feel frightened.

- What are nightmares telling us?
  - Nightmares alert us to something in our life that is being ignored and should be dealt with.
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## Lucid Dreams:

Lucid dreaming is the dreamer is aware that they are dreaming. The dreamer has some control of the dream.

- What are lucid dreams telling us?
  - Lucid dreaming provides insights for the dreamer that is not conscious, lucid dreams alerts the dreamer to deal with ways to deal with their current issues.
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## Identity Dreams:

Identity dreams are dreams about a current shift or challenge in our identity.

- What are identity dreams telling us?
  - Their symbols are flags that alert us to pay attention in our lives.
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## Day Residue Dreams:

Day residue dreams helps us integrate information that awaits consolidation in our memory or helps resolve emotional states that felt unfinished when we go to sleep.

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## Problem – Focused Dreams:

These dreams are related to our current problem or something we are worried about in our conscious life.

- What are problem – focused dreams telling us?
  - These dreams often make us find solutions to our problems.
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## False Awakening Dreams:

This type of dream is a vivid and convincing dream about awaking from sleep.

- What are false awakening dreams telling us?
- This type of dream is often associated with anxiety and confusion about whether you are awake or asleep.

# Religion

By: Amy

Religion is defined by dictionary.com as: a set of beliefs concerning the cause, nature, and purpose of the universe, especially when considered as the creation of a superhuman agency or agencies, usually involving devotional and ritual observances, and often containing a moral code governing the conduct of human affairs. Religion is practiced by people in many different ways. Some people preach, pray and sing. Like I said religion comes in all ways.

This page is going to be about the religious world. You see, religion comes in all ways in this world. Some don't believe in other Gods; Some gods are made differently these gods come in different behavior of work.

Some people believe in sacrifice, blessings and miracles. 3 major religions in the world are Judaism, Silam and Christianity

Some people go to church or temples to celebrate religion.

Don't offend people because of their religion! if you don't like the religion then let it go. Judging other because of their religion is disrespectful to them and you being rude and careless. You're not being respectful and not caring on how people feel.



RESPECT

[Click Here to Learn How to Respect Other Religions](#)

give  
respect

get  
respect



1. What is Ramadan? Ramadan is a holy month celebrated by Muslims. It commemorates the Islamic god Allah passing the first teaching of the Quran (the Muslim holy text) to the prophet Muhammed. It is always celebrated in the 9th month of the Islamic calendar, so its dates change each year.
2. How is Ramadan observed? During Ramadan, Muslims who are able fast from sunrise to sunset. They abstain from eating, drinking (even water), and swearing. Muslims also continue their daily prayers, gather with family and friends, and engage in acts of service to their community.

### Why does Mrs. Robinson observe Ramadan?

I am not a practicing Muslim. I identify as Christian. However, a few years ago, a student challenged me to participate in Ramadan. It was difficult, but I made it through and genuinely enjoyed the practice.

I used the time to meditate, complete service acts, and grow as a person. Since the first time I observed Ramadan, I have continued to do so. I offer a place in my classroom for the 6th graders who are also observing Ramadan to stay while their classmates eat lunch, as it can be difficult to continue to fast while watching others eat. It can be tempting.

### To sum up:

Ramadan involves not eating or drinking from sunrise to sunset every day for 1 month. The nightly breaking of fasting is called Iftar. Yes, it can be difficult, but is also very rewarding to one's mind, faith, and family.

When does Ramadan end? In 2021, it ends on May 12th with Eid al-Fitr. It is usually ended with a big meal shared by all family members.

Mrs. Robinson is a 6th grade Language and Literature/Individuals and Societies teacher



# How to manage your stress

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Usually when we are stressed it's our body's response to pressure. Many different situations or life events can cause stress. It is often triggered when we experience something new, unexpected or that threatens our sense of self, or when we feel we have little control over a situation. Here are some other reasons you could be stressed.

- being under lots of pressure.
- facing big changes.
- worrying about something.
- having responsibilities that you're finding overwhelming.
- not having enough work, activities or change in your life.
- times of uncertainty.

How do we manage your stress? You can Exercise. Working out regularly is one of the best ways to relax your body and mind. Relax Your Muscles. When you're stressed, your muscles get tense. Deep Breathing. Eat Well. Slow Down. Take a Break. Make time for Hobbies. Talk About Your Problems.

[meditation video](#)

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# Fun things to do this summer!

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**Go swimming!  
It's fun! When  
you swim your  
brain releases  
chemicals.**

**Go to Lauridsen  
skate park  
downtown! It's  
one of the largest  
skateparks in the  
nation!**



**Travel if that's  
something your  
safe with!**

**Go to adventure  
land! It's a fun  
place to visit!**



**Hang out with  
friends and  
family!**



**Go out and walk!  
Here are some  
cool places...  
Yellow banks,  
Gray's lake,  
Fourmile.**

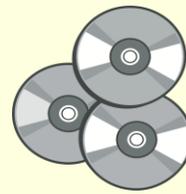
**Here's a link for  
things you like to do  
this summer:)**

<https://fast-poll.com/poll/f44220db>



# Top Artist of 2021

According to billboard



**Ariana Grande** has been on the artist 100 chart for 323 weeks. Known as the queen of pop, she has had 69 songs on the billboard top 100 with 5 #1 hits and 18 top 10 hits. Her most recent title track "Positions" reached a peak position of #1 on the billboard charts for one week. She is also Spotify's most streamed female artist of all time with over 35 BILLION streams!

**BTS** is the biggest boy band in the world. Debuting in 2013, they've broken multiple records and have made notorious changes in the music industry forever. They have had 20 songs on the Billboard top 100 and three number one hits; "Life Goes On" "Dynamite", and "Savage Love" (with Jason Derulo).



**Olivia Rodrigo** is making history as the first Filipino American to debut with such success. She is the first artist ever to debut their first two entries into the top five. Her single "Drivers License" brought the 18-year-old artist the number 1 spot on the billboard top 100 for 8 consecutive weeks. Her most recent single "Déjà vu" has also reached #4 on the charts after releasing only 3 weeks before. Olivia has also announced that her debut album titled "Sour" is releasing May 21st, 2021!!

**Blackpink** is another group originating in South Korea. Composed of 4-members, the girls have broken records countless of times. Their title tracks "DDU-DU DDU-DU" and "How you like that" have peaked at number one on the k-pop Billboard top 100. An honorable mention is their MV streams and views which have surpassed 1 billion on the tracks "Kill This Love", "DDU-DU DDU-DU" "A If Its Your Last", and "Boombayah". This makes them the first and only Korean act to do so!



**Taylor Swift** has been on the artist 100 charts for 351 weeks. Starting off as a country singer, Taylor has noticeably made her way to the pop industry and made a remarkable mark on it. As one of the best pop artist in the world, she has had 136 songs on the billboard top 100 with 7 #1 hits and 29 top 10 hits.

**Harry Styles** is perhaps one of the best male artist in the music industry. After separating from the group One Direction, he has gone on to take the ownership of several awards- including a Grammy in 2021 for the best pop solo performance. He has had nine songs on the top 100 chart and one #1 hit "Watermelon Sugar". He's also had 3 songs in the top 10 hits; "Adore you" "Watermelon sugar", and "Sign of the Times".



# Interviewing YouTubers: DigitalNex



Thank you to the awesome dude everyone calls Digital, for letting me interview you! Now, before I started typing in all of the results- if you'd like to read some more pages about Interviewing YouTubers, you can click on the blue link below this! You can send me some YouTuber's usernames so I can try to interview them!

[YouTuber Recommendation Survey](#)



**Q: How and why did you become a YouTuber?**

**A:** "I STARTED I BELIEVE IN 2009 doing halo machinimas. I was always into that basically it was red vs blue that's what I wanted to do and I really enjoyed making funny content or at least things I thought were funny and I always enjoyed making people laugh which is why I wanted to become a youtuber."

**Q: How did you meet SSsniperwolf? (Since you do so many collabs with her.)**

**A:** "I met her while playing Overwatch. I was on the opposite team from her, and my team ended up winning. After that I checked twitter to see if she said anything about it and she ending up posting that she was looking for new friends to play with so I said, 'hey I was the pharah on the other team maybe we should play together' and after that we just kept playing with each other and realized our personalities are the same and that we got along so we became really good friends!"

**Q: How's your bunny girl anime figure collection coming along? Do you have your eye on a new figure to add to your collection?**

**A:** "It's going good, so far total I have 18. I'm not gonna' lie it's a very expensive hobby to get into but it's something I like and yeah I have my eye on rem and ram from re zero."

**Q: Do you have a specific age group that you make videos for?**

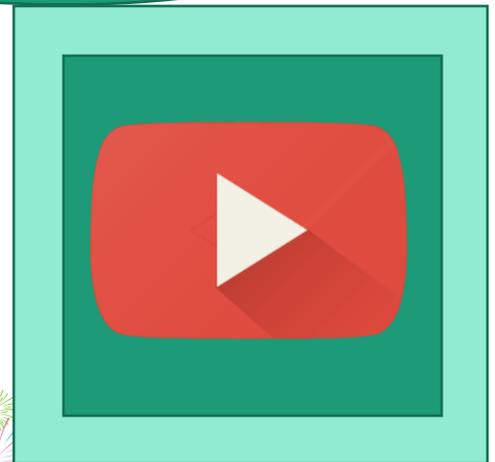
**A:** "Honestly, I make my videos to whoever watches. I feel like people think react videos are just for kids but when people notice me in the streets there's a lot of older people that you would never expect to watch these type of videos recognizing me so that's pretty cool!"

**Q: How has YouTube (/being a YouTuber) changed your daily life/routine?**

**A:** "Honestly, it really hasn't changed it much. During the day I find videos and ideas I wanna react to, then during the night is when I do all my recording. I guess being a youtuber has made me a total night owl which isn't a bad thing but honestly I feel like I hit the lottery with this job because doing Youtube is what truly makes me happy and I'm glad I'm at a point where I can support myself and my girlfriend doing this type of work and be able to afford the hobbies I like!"

# BEST VIDEO GAMES AND YOUTUBERS

So, there is a thing called YouTube where you can live stream video games or vlog a video for entertainment. The people who make content on YouTube are called Youtubers.



[Click here to go check out the YouTube website](#)

Some of the most popular YouTubers are PewDiePie, T-Series, and Cocomelon. The third biggest Youtuber is Pewdiepie, the second biggest is Cocomelon, and first is T-Series. You could make money for creating content by putting advertisements on your creation. People who watch your videos could also donate money to directly help you out.

Video games video games are coded functions that you can play, and they are mostly played for their entertainment value, and video games started to become popular when Youtubers started to live stream themselves playing games and then video games got very popular.

# All about me!



Hi I'm Milena Z. Armenteros or as my friends and family know me Mily/Milenita or what I used be called when I was younger titi, I am 12 years old and I was born in Havana, Cuba.

In 2016 I moved to Miami, Florida and lived there for a year. During this period, I went to Olympia Heights Elementary School, and I visited Disney Parks.

In May 2017, I moved to Marshalltown, Iowa where I lived for 3 years. I went to Rogers Elementary School and then to Lenihan Intermediate School. I remember this place with love because my best friends Ruth, Marisol, Brooklyn, Karington, Emma, Miles and Vicente live there. I miss them all!

In July 2020 I moved to Des Moines, Iowa where I have been doing online learning at Goodrell Middle School.

I am currently in South Florida with my aunt, uncle, grandma, cousins, ducks, chickens and of course the rabbits



It was so much fun to be in Media this year I can't wait till next year see you all on the next volume in September!

# Zodiac Signs Part 1

## Aries Personality

“Like their fellow **fire signs, Leo and Sagittarius**, Aries is a passionate, motivated, and confident leader who builds community with their cheerful disposition and relentless determination. Uncomplicated and direct in their approach, they often get frustrated by exhaustive details and unnecessary nuances”

## Gemini Personality

“Playful and intellectually curious, **Gemini** is constantly juggling a variety of passions, hobbies, careers, and friend groups. They are the social butterflies of the zodiac: These quick-witted twins can talk to anyone about anything. Find them buzzing between happy hours, dinner parties, and dance floors”

## Leo Personality

“Like a crackling **fire**, Leos tend to be warm, passionate, and dynamic. They delight in opportunities to let their charismatic, inclusive personality shine. And like the lion that represents them, Leos are also strong, brave, and ready to dominate everything they set out to do”

## Taurus Personality

“Taurus is an **earth** sign represented by the bull. Like their celestial spirit animal, Taureans enjoy relaxing in serene, bucolic environments, surrounded by soft sounds, soothing aromas, and succulent flavors. Taurus is ruled by Venus, the enchanting planet that governs love, beauty, and money”

## Cancer Personality

“**7 Cancer Personality Traits: The Good, the Bad, and the Ugly. ...** On the good side, the **Cancer personality** is loyal, protective, intuitive, and caring. On the bad side, **Cancers** are overly sensitive, moody, and vindictive. We look at each of these **Cancer** traits in detail below”

## Virgo Personality

“**Virgos** are known for being practical, sensible, and loyal. They make excellent friends and partners. **Virgos** are known for being perfectionists, and can be meticulous and single-minded in their pursuit of improvement”

# Zodiac Signs Part 2

## Libra Personality

“Libras are known for being charming, beautiful, and well-balanced. They thrive on making things orderly and aesthetically pleasing. They also crave **balance**, and they can be equally as **self-indulgent** as they are generous. Libras are also the kings and queens of compromise, and they like making peace between others”

## Sagittarius Personality

“Sagittarians are optimistic, lovers of freedom, hilarious, fair-minded, honest and intellectual. They are spontaneous and fun, usually with a lot of friends, and are perhaps the best conversationalists in the zodiac (maybe tied with **Gemini**)”

## Aquarius Personality

“Every Aquarian is a rebel at heart: These **air** signs despise authority and anything that represents conventionality. Free-spirited and eccentric, they can often be identified by their offbeat fashion sensibilities, unusual hobbies, and nonconformist **attitude**”

## Scorpio Personality

“Scorpios are extremely deep and emotional people and are intense in all things they do. They're natural leaders and can be very serious; Scorpios are one of the most interesting signs because of their intensity, and there are some key Scorpio **characteristics** to be aware of that make them stand apart”

## Capricorn Personality

**Capricorns** are the ultimate worker bees. They're ambitious, organized, practical, goal-oriented, and they don't mind the hustle. “They're ready to give up a lot in order to achieve that goal,” Verk says. They also love making their own rules, which means they strive to reach high career positions

## Pisces Personality

What characteristics does a Pisces personality have? Like all signs, their personality is complex. Pisces are known for being incredibly creative, **empathetic**, and generous, but they can also suffer from being overly emotional, impressionable, and closed off

# Woman Empowerment



Ruth Bader Ginsburg also known as RBG worked for the supreme Court and during the 1970's, she also served as the director of the women's rights Project of the American Civil Liberties Union (ACLU), for which she argued six landmark cases on gender equality before the U.S. Supreme Court. However, she also believed that the law was gender-blind and all groups were entitled to equal **rights**.



Woman empowerment what does it mean ? How does it impact you ? If you are a male, it probably is not something you think about, but if you are a female you might think about woman empowerment a lot or a little. If you think of our first female Vice President Kamala Harris or think of Valentina Tereshkova first woman to go in space these woman empower another woman.

ONE WILL FALL

# GODZILLA

VS.

# KONG

NOW LET'S TALK ABOUT THE BRAIN OF APES (OR WHATEVER KONG IS). SEEING AS KONG IS A GIANT APE, IT WOULD BE LIKELY THAT HE HAS MORE BRAIN THAN A LIZARD BRAIN(GODZILLA). NOW WE KNOW THAT KONG HAS THE BIGGER BRAIN.

SO, IT IS TIME... TIME FOR A BIG MONKEY AND LIZARD TO BATTLE IT OUT AND I TAKE IT AS MY JOB TO SEE WHO WOULD WIN IN A LOGICAL MATTER, LOOKING AT WEAPONS AND ABILITY'S, STRENGTHS AND WEAKNESSES, TO DETERMINE WHO WILL WIN THIS

FIRST, I WILL TALK ABOUT KONG'S PHYSICAL STRENGTH. THROUGHOUT HIS MOVIE. IN SKULL ISLAND HE CAN PICK UP SKULL CRAWLERS AND THROW THEM, AND IN THE TRAILER FOR KONG VS GODZILLA WE CAN SEE KONG PICKING UP A FLYING KAIJU AND YEET IT AT ANOTHER FLYING KAIJU. SO, IN CONCLUSION KONG HAS A GOOD EXPERIENCE WITH HAND-TO-HAND COMBAT.

THE AXE THAT KONG IS HOLDING LOOKS LIKE IT CAN BLOCK GODZILLA'S RADIOACTIVE BEAMS, SO KONG HAS A CHANCE AGAINST THE LIZARD BEHEMOTH.



And then we have Godzilla, the kaiju that single handedly made all monsters bow to him! This giant lizard is known for absorbing radioactive energy and turning it in to power. In king of the monsters he absorbs a nuke and becomes thermo nuclear (red Godzilla).

His feats in the Monster Verse are dare I say, God-like. He took down two giant titans trying to breed and infest earth, took them down. And then an alien three headed dragon that was trying to become the king of monsters, took him down. So, it would not be crazy to say that Godzilla has some experience on taking down kaiju.



If you know Godzilla than you know how he can make giant beams of radiation from his mouth. Temperatures of the ray can be up to five hundred thousand degrees Celsius, and if that is not a lot, I don't know what is.

# WHY YOU NEED WORM ON STRING (part one)



A worm on string: well..... buy it. It's the best thing to invest in. I mean look it's so cute and fluffy!! And you can do magic tricks and they'll be there for you when you're sad.

They're great!

They're also cheap- like cheap, cheap- like I got 64 on Amazon for 12.99! 64  
WORMMMMMSS AND you can make a worm out of yarn. I mean go on YouTube, it's great! I did it, I made one! You can name them- I have Smish and Greg .



Now you're probably like "You have a worm problem get help." No, I don't shush. •^•





Confused faces

me and my coworkers logging into all of our meetings remotely for the next couple of weeks



workers

# Best of 2020!



When you see yourself in a mirror

Them: Idle hands are the devil's workshop  
My kids (with nothing to do all summer):



Demon Elmo for sale

# THIS IS SOMETHING COOL!

# We Need to Stop Asian Hate

By: Jordan R. Close



No room for hate': California man faces multiple charges for allegedly throwing rocks at Asian American woman, 6-year-old son.

[Check out the news story here](#)

A gunman [killed eight people](#) at three Atlanta-area spas Tuesday night; six of the victims were women of Asian descent, sparking fears among advocacy groups that the killings may have been racially motivated.

-Washinton Post



# Staff Page



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