

2016-2017 October 14, 2016

Breast Cancer Awareness Month

By: Fatima Hernandez

October is a month that is full of warm-toned colors; thanks to Halloween, October is in the Top 5 of the favorite months of the year. Pink is a popular color for October as well. The color is used to raise Breast Cancer www.1011now.com photo



Awareness. Breast cancer, a disease that is an uncontrollable growth of breast cells, is a common disease among women.

Surprisingly, it is most common among women who have no family history to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations. This awareness is raised by wearing the color pink, or pink ribbons on anything you might buy in the month of October.

Breast cancer awareness is raised in the month of October because that was the month the National Breast Cancer Foundation, Inc. founded the program. A pink ribbon was started by Evelyn Lauder, vice president of cosmetics firm Estee Lauder, in 1993, though this was not the first time the ribbon was used to symbolize breast cancer. A 68-year -old California woman named Charlotte Haley, whose sister, daughter, and granddaughter had breast cancer, had distributed peach-color ribbons to call attention to what she perceived as inadequate funding for research. In the fall of 1991, the Susan G. Komen Foundation handed out pink ribbons to participants in its New York City race for breast cancer survivors.

The month of October is not only celebrated for Halloween, but Breast Cancer Awareness.

National Sausage Pizza Day

By Jonathan Stone

I would tell you a pizza joke but it'd be too cheesy. On October 11th, 2016, we celebrated National Sausage Pizza Day! This day has a place in many pizza lover's hearts, or in anybody's heart for that matter! Such a glorious day could not have existed on its own, so we'll be going into the birth of the pizza and how sausage became a condiment on the pizza pie.

According to TIME Magazine, the pizza originally represented the Italian flag's red, white, and green colors with the tomatoes, cheese, and basil. This was dubbed the Pizza Margherita in 1889 during a visit to Naples by Queen Margherita. By then, pizza was already gaining massive popularity around the world.

Sausage is one of the most popular toppings to go in a pizza. Pizzatoday.com states that sausage is the second most popular topping, coming behind pepperoni. But how did this meaty wonder get onto the pizza you ask? Well, there is no reason, but sausage as a topping does seem as reasonable as sardines or mushrooms. Most pizza places add the sausage precooked, there are a number of reasons for doing this, mostly to ensure safe-

ty in overall usage

At the end of the day, pizza is pizza. The dough is tossed the same and the sauce is spread the same, but what toppings you choose to go with that dough and sauce are endless. Pizza is great Italian cuisine, and we should not overlook any na- https://www.hy-vee.com/grocery/ tional pizza day!



****** You can find us online at

http://www.edline.net/pages/Fort Morgan High School ******

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Reuse? No, Repurpose

By: Trystan Bohling

We all see items every day that are either broken or don't function anymore and we don't think much of it. Things like bullet shells,



lawnmower blades, microwaves, and everything in between that are normally overlooked can be turned into something useful with the right mindset.

Take an empty 30-06 bullet shell for example, something so small and common can be used to make a very effective whistle. Who knew? The one great thing about these little trinkets is that they are made of brass,

a soft metal. If you set your mind to it, you can grind the metal you don't need off with nothing but the sharp corner of concrete and the flat of it as well. If you wish to learn how to make one visit Grant Thompson - The King Of Random: How To Make A Bullet Shell Survival Whistle at Youtube.com.

Another item we overlook is a dull lawn mower blade. The main reason these are overlooked and thrown out without a second thought is because they are rather difficult to sharpen. So, people just throw them out.

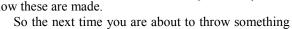
For people like me, a dull lawn mower blade is a treasure because they are made of high carbon steel, a strong type of steel which is difficult to damage or break. If you have the tools, patience and a plan you can make a lot of different things such as knives, axes, sculpture, wall-hangers, and even jewelry.



A microwave isn't all that good if it doesn't work. youtube.com photo But if you have some knowledge of circuitry or a laptop to figure it out you can transform a microwave into a stick welder and several other helpful tools. If you want to know what else you can do with a broken microwave visit Grant Thompson - The King Of Random to see what other projects vou can do.

Another thing we throw out is a dull circular saw blade. But with one angle grinder, a few files, a paper template, and a lot of patience you can turn that saw blade into one of the most iconic superhero gadget... The Batarang! Once again you can visit Grant Thompson - The King Of Random on YouTube to see youtube.com/photo

how these are made.





instructables.com photo

away take another look at it, see what it CAN be, not what it is. Who knows, you may even make some money off of it if you play your parts right.

Obsolete Arts By: Trystan Bohling

There are many forms of art and there are some art styles that are becoming more and more obsolete, even vanishing. This is very sad. There are many skills and a vast amount of knowledge that is being lost from the days of old when people used this art for a living and then as a hobby.

One of the arts becoming obsolete is Blacksmithing. Blacksmithing, back in the days of old, was a smith's way of life. They made a living working with metal. They were commissioned to make works of wonder with fire and steel. Depending on how well they did with the piece they would be paid very handsomely.

As time went by guns started to become a more popular weapon and swords and axes started to become useless on the battlefield. Sadly those who practiced this glorious art started to lose a way of life and a job.

Today, there are very, very, very few people who still carry this illustrious art style on. I am one of those very few people who still do this and hopefully this art style will stay with us through the generations.

Bushido In Everyday Life II: Courage

By Jonathan Stone

Last edition we covered the There is nothing first of 8 Bushido morals, jus- Outside of yourself tice. Today we will cover the That can ever enable you second moral, courage. Whether Quicker, or smarter. you know it or not, courage is a Everything is within. big part of our lives. It takes Everything exists. courage to stand up for a presen-Outside of yourself. tation instead of missing the day you present. It takes courage to ask out your crush instead of zig zagging around it.



blackbeltbusiness.wordpress.com/tag/

What does it mean to be courageous? The bible defines it simply as, "The ability to do

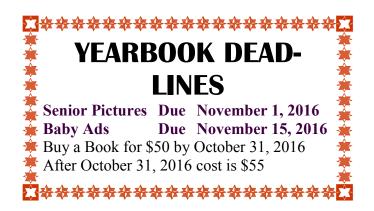
something that frightens one." One can also define this as not deterred by danger or pain, in other words, brave. These definitions stay true to the meaning of the word courage, and we can use courage to improve our everyday lives.

There are multiple ways to be courageous in everyday life, 12 in fact, as an article in www.successconsciousness.com states. One everyday act that particularly stood out is the courage to challenge your stories. You cannot see the world as it is, but as you are. Many people live in a lie, 9 to 5 desk jobs that are stressful, empty, and meaningless. For others it is the opposite, it just depends on your views of it.

You don't need to be a superhero to be courageous. Just facing your fears and striving to improve is a courageous deed in itself.

FCCLA By: Fatima Hernandez

Family Career, and Community Leaders of America organization, or FCCLA is a club offered at FMHS and is hosted by Mrs. Pope and Mrs. Smith. The club offers a lot of opportunities to meet new people and expand your surroundings, starting this year you will be able to letter in FCCLA while earning scholarships and developing people skills. Thursday October 13 will be a member meeting after school. Their first fall conference meeting is on October 19th. The officers for FCCLA this year are Michelle Bocanegra who is president, Alfredo Sarmiento who is VP and secretary, Jeanie Pope who is treasure and two more to be added as freshman representatives. "Our goal this year is to have a good year" -Alfredo Sarmiento



Latino Folk Dance Group Offered at FMHS?

By Nancy Balderrama Alonso

Fort Morgan High School gives its students many opportunities to get involved and try new things. If it's not sports that students are into they don't have to worry, there are many more things that allow any student to express him/herself. The clubs that FMHS offers are numerous and Spanish teacher Mrs. Flores is trying to add a new one a Latino folk dance group to promote an understanding and appreciation for the rich and diverse world of Latino cultures and traditions. Also to help students find something they will enjoy that has not been offered at FMHS. This group will allow any student to express their creativity. relax, and have some fun regardless of ability or age.

The Latino folk group focuses on Latin American culture but it does not limit anyone to join. If dancing and making new friends is



something you're interested in, or you're just tired of being home bored, this is a group to join. Any further information or to sign up will have to be done with Mrs. Flores in room 209-A. Join and dance you're happy feet away!

https://en.m.wikipedia.org/photo

Knowledge bowl

By Nancy Balderrama Alonso

Knowledge Bowl is an academic quiz competition for, usually, teams of four. Fort Morgan High School's Knowledge Bowl has a long and

successful reputation. This year looks to be just as successful. The team took 1st and 2nd over seven teams in Fort Lupton October on 8. 2016. Congratulation from all Mustangs at FMHS. "A" team includes members Tristan Reyes, Jay Armstrong (captain), Angelica de Campo, and Simon Graff. Their main goal for File:Knowledge-sharing.jpg this year is to go to nationals just like Commons/photo the previous year. Let's wish our mus-



tang Knowledge Bowl good luck and best wishes.

From Counseling **UNC Math Contest Nov. 2** College Fair—Wednesday October 19th **ACT registration Dec 15th SAT Test Dec 3rd SENIORS:** visit school website for scholarships

COMMUNITY MESSAGE BOARD

FMHS SPORTS AND ACTIVITIES 10/14-28/16

e games indicated in hold type)

(home games indicated in bold type)					
2	DATE	SPORT	OPP	HOME/AWAY	TIME
j,					
	10/14/16	Football (V)	Silver Creek	Away	7:00p
*	10/15/16	Gymnastics	Cherry Creek	Away	6:00p
1	10/17/16	Football (JV)	Silver Creek	Home	4:30p
	10/18/16	Soccer (V)	Ft. Lupton	Home	4:00p
		Volleyball (C)	٠. *	Away	4:30p
*		Soccer (JV)	"	Home	5:30p
		Volleyball (JV)	66	Away	5:30p
1		Volleyball (V)	66		6:30p
M.	10/20/16	Cross Country	Regionals	Away	tba
*		Football (C)	Thompson Val	Home	4:30p
		Volleyball (C)	Skyview	Away	4:30p
1		Volleyball (JV)	"	"	5:30p
Mi Vic		Volleyball (V)	"	44	6:30p
*	10/21/16	Football (V)	Thompson Val	Home	7:00p
-	10/24/16	Football (JV)	Thompson Val		4:30p
1	10/25/16	Volleyball (C)	Alameda	Home	4:30p
Mi Vik,		Volleyball (JV)	"	"	5:30p
*		Volleyball (V)	"	"	6:30p
*	10/27/16	Volleyball (C)	Arvada	Home	4:30p
1		Volleyball (JV)	"	"	5:30p
		Volleyball (V)	"	"	6:30p
		Football (V)	Northridge	Away	7:00p
*	10/28/16	Soccer	1st Rend Playof	fs	tba
		Football (C)	Northridge	Home	4:00p
JA,		Football (JV)	"	"	6:00[
10	10/29/16	Gymnastics	Regionals	Away	10:00a
*		Cross Country	State	Away	tba
	y ************************************				
1	10/15/16		Commons/Audi	torium	5-10p
Mi Vic.	******	*****	******	******	*****
*	10/15/16	Forensics		Away	8:00a
1	*****	******	******	*******	*****
	10/17/16	Parent Teacher C		3:30-7:00pm	
	10/20/16	Parent Teacher C		3:30-7:00pm	
M.				*******	*****
*	10/19/16	FCCLA	Fall Conference		

E.	10-18-23/16 National FFA Convention				
Mi Vile,					*****
*	10/21/06	Blood Drive . 9-			
1				***************	
1	10/22/16	Forensics		Away	8:00a
mi Vis				******	*****
*	10/29/16	Haunted Hallway	s 5:00-8:00pm	l	
13					

FAFSA NIGHTS

AT FMHS

Oct . 17 4pm-8pm

AT MCC

Oct. 25 10am-2pm, Cottonwood 102

10am-2pm, Cottonwood 102 Nov. 14

Nov. 30 10am-2pm, Cottonwood 102