

PANTHER PRESS

THINGS ARE HEATING UP AT ORIOLE PARK

Who is the Panther?

SANTIAGO LANDEROS & JOHNATHON PAGANI

Many students at Oriole Park School wonder who our iconic yet mysterious mascot is. We can't literally tell you who he is, but we can tell you he likes being referred to as "Mr. Panther". Mr. Panther says he loves being a mascot and talked about attending Mascot University where he learned his craft. His role model is Benny the Bull and he has been a mascot for 1 year. Mr. Panther exclaimed that he LOVES OPS and thinks it's the perfect place for him, "The panther represents bravery and courage, that is what I see in the students at OPS." If anyone wants to learn about being a mascot, Mr. Panther would be happy to take them under his wing.

Recipe Central

LUCAS AGUILAR

Here is a tasty little smoothie I like to call, **Oreo Bash!**

Ingredients

For this delight you will need:

- Blender
- 6 Oreos (or another brand of choc sand cookie)
- Milk
- 1\4 of a tsp of maple syrup



Instructions

1. Crush 3 Oreos until fully ground, then set aside.
2. Add 5 whole Oreos to the blender.
3. Pour the milk into the blender until it reaches the top of the Oreos.
4. Add in the syrup.
5. Sprinkle the crushed Oreos on top.
6. Top with whipped cream and enjoy!

In the end, you should end up with a tasty smoothie that you can modify to your liking! Instead of regular Oreos, you can use Mint Oreos, Cookie-Dough Oreos, or Double-Stuff Oreos, go nuts!



'Diversity & Inclusion' Middle School Assembly Rocks OPS

ALEXIS SOTO

Music booming through the speakers, kids roaring in the crowd, and a grand event about to commence. This was the Oriole Park assembly emphasizing Diversity and Inclusion, our SEL monthly theme, hosted by Mrs. McGuffey, Mrs. Howerter, and the assembly team. We had a blast in the assembly that had us on our feet. The team led us in trivia games that allowed students to access their prior knowledge to win. Next was game of Guess the Flag, followed by a Just Dance party, Waka Waka by



Photo by Matthew Torres

Shakira. The Panther Palooza is an OPS memory and a new tradition that we will carry on until the end of time. Thank you to Mrs. McGuffey, Mrs. Howerter, and the assembly team that helped make this amazing event.

If you are (6th – 8th graders) interested in Journalism, Editing, Photography, Comics, Poetry . . . The Panther Press Team meets every Tuesday from 11:10 to 12:10 in Mrs. McGuffey's Room / 5th Graders: Talk to your teachers. After Spring Break, we will make it happen!

Wanted: Senior Editor; Student who enjoys editing and formatting!

IN THE AIR: RESPRATORY ILLNESSES THIS WINTER

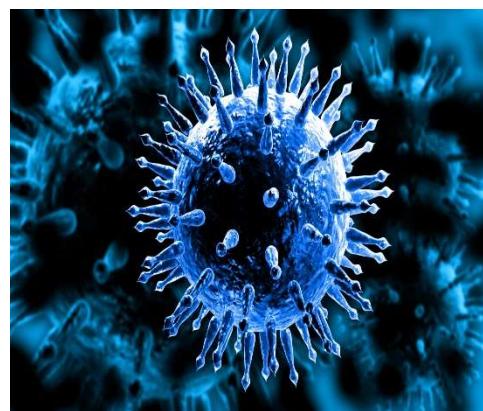
ROSE MCLAUGHLIN

Have you noticed the shortage of eggs on the store shelves? The lower attendance rates? How *everybody* seems to be sick these days? Well, you can blame these new occurrences on one thing: Viruses. To be more specific, there are three main viruses that have been alarming us: The flu, bird flu, and the measles.

What is the flu? Well, the flu is short for influenza, a respiratory virus that has been going around school. Symptoms include having a fever, fatigue, coughing, shortness of breath, a runny nose, headaches, throwing up, and more. Recently, the flu has been spreading through the school, and attendance has been low. Everybody is encouraged to go school if they are able to. The flu is contagious, so make sure not to spread it to others. In 1918, the influenza virus, known then as the Spanish flu, killed millions of people around the world, because they didn't have vaccines. Luckily, we have vaccines for many viruses now, and the flu is less of a problem.

Another virus has also been a big problem in the U.S: Bird flu. Bird flu, also known as avian flu, is a type of influenza mostly spread by birds, but has also spread to humans. Luckily, human to human transmission is very rare, and has only happened on a few occasions so far. Because of bird flu, farmers have been killing their infected poultry, so that it doesn't kill their whole flock, and fewer eggs are being sent to stores. Because of this, it has been harder to find eggs on the shelves, and they have become more expensive. This has led to some problems, especially for people who were relying on eggs as an inexpensive source of protein, and now can't afford them. Some symptoms of bird flu are a fever, coughing, tiredness, muscle aches, a sore throat, shortness of breath, a runny nose, and a headache. Bird flu can also lead to pneumonia, diarrhea, and even encephalitis, which is inflammation of the brain. Encephalitis usually isn't fatal when treated, but can leave many long-lasting symptoms, such as fatigue, seizures, hearing loss, memory loss, and blindness.

Another virus that can leave lasting effects is measles- Measles is a respiratory virus that can cause a fever, a dry cough, a runny nose, a sore throat, inflamed eyes, and a rash consisting of many raised spots. It can also cause rheumatic fever, an inflammatory disease which leads to stomach pain, joint pain, and other various symptoms. If not treated, rheumatic fever can lead to rheumatic heart disease.



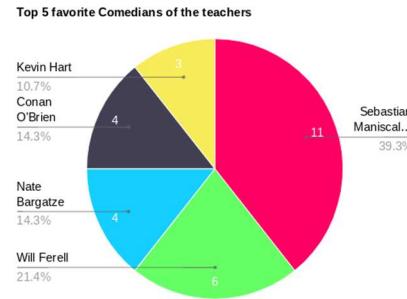
Rheumatic heart disease destroys the valves around the heart, and can lead to heart failure and long-term health issues. Measles was officially eradicated in 2000, so why has it appeared again? Well, the virus was eradicated when enough people got the measles vaccine, and it wasn't a problem anymore. Now, fewer people have been getting their necessary vaccinations, and the virus has come back.

These three respiratory viruses are the main concern of healthcare workers this winter, and could be quite dangerous. Don't worry though, as long as you get your necessary vaccines and make sure to wash your hands, you should be fine!

EMMET'S COMEDY CORNER

EMMET JULIEN

Teachers polled to determine who their favorite comedian is.



Guilty or Innocent? You decide!
(see page 3)



Who is . . . Mrs. Becker?

KENNETH GRAVES

This year marks a new beginning for the O.P.S. Drama Club as they practice and perform for the upcoming show of "Alice in Wonderland". This year, over 50 students have joined in on the preparations for this year's show. Today, I was able to meet with one of the directors of the Oriole Park Drama Club to see what really goes on behind the lights, costumes and props of the show, and tell us more about how this director feels about the upcoming performance.

Mrs. Becker reflects, "Many of the actors have never been on stage before, and don't know what to do. They really grow and discover that they can do things that make acting difficult, and it's really wonderful to see them grow and learn more about theater."

"How long have you been working for the drama club?"

"I have been here for 9 years, and started teaching drama club, can't really remember, so 7 or 8 years"

"Over the course of the 9 years, what would you say what strength have you developed?"

"When I first started, I had never directed before. And so I was learning in the moment. How to do it and when to do it. Now I know much more about what each individual student needs, and how to help them in each individual situation."

I then asked her, "What does the average day in the drama club look like for you?"

"It's pretty chaotic because there's so many moving parts, but we also all have to do it together. So typically, when we're rehearsing as an entire cast, it means that we've got every different group working on their particular dance moves, and then trying to put it all together. It takes a while for them to get the hang of it but, the process really pays off."

"Why have you wanted to teach Drama at Oriole Park?"

"Well, I didn't know I was going to. Mrs. Bistro came up to me and said, "Hey, I hear you've done some theater, and would you be interested in being one of the directors for the play?" And at the time, I was interested in showing what I could do, so that I can stick around here for a while. In addition, I keep doing the show every year, and I really like to see what we can do as a cast."

After talking with Mrs. Becker, I was able to see how influential acting can be at Oriole Park, and how much it means to be in this group. Acting is not just a pastime, but an art. Mrs Becker has helped me see what acting truly is, and how it can change the lives of many.

My Piano Journey

ABIGAIL RAMOS

As a piano student for almost seven years and a proud Oriole Park School student since preschool, I wanted to explore the musical side of our community! It turns out both of my piano teachers—past and present—are from Oriole Park, which makes my journey even more special.

My first teacher, Ms. Jennifer is not only an amazing piano teacher but also an OPS mom! She taught me for four years, starting all the way back in first grade. She was the one who helped me learn how to read music and play my first notes on the piano. I remember going to her house every week for lessons until the pandemic hit, and then we had to switch to Zoom. It was a big change, but we made it work!

My current teacher, Ms. Jane is also part of the Oriole Park community and used to be an OPS mom! She has been teaching me for almost two years, and while learning piano with her is challenging in a good way, it's also super rewarding. She introduced me to classical music that I never thought I'd be able to play! I've gone from playing **Waltz in A Minor** and **Polonaise in G Minor** by Chopin to **Sonatinas no. 3 and 5** by Clementi, and now, I'm working on **Sonata no. 34 in E Minor** by Haydn. Of course, I've learned lots of other cool pieces along the way too!

Being able to learn from these two wonderful teachers right here in my own community makes my musical journey even more meaningful. So, I decided to interview Ms. Jennifer and Ms. Jane to learn more about their experiences teaching kids how to play the piano.



Q: How long have you been teaching?

Ms. Jane: I have been teaching for 37 years.

Ms. Jennifer: I have been teaching voice and piano for 17 years.

Q: What do you like most about teaching piano?

Ms. Jane: I love working with my students, and seeing them grow.

Ms. Jennifer: I love watching my students grow in both piano skills and build their confidence. I love getting to witness them learning that they can succeed at doing hard things!

Q: What is the best advice you have for someone who wants to learn to play the piano?



Ms. Jane: One must have a competent instructor and the student must be willing to practice regularly.

Ms. Jennifer: Find a teacher who cares about you, meets you where you are, and pushes you to be your best. A great teacher is both a coach and a cheerleader, making practice fun by helping you explore music you love.

Q: Did you or do you have any other students from the Oriole Park community?

Ms. Jane: My daughter graduated from Oriole Park School, and over the years, I have taught multiple students who also attended Oriole Park.

Ms. Jennifer: Of course! Oriole Park has been my home for 10 years, and my kids attend OPS. I teach private lessons and a group piano class at Oriole Park Field House, serving the community I love.

Q: How do you tailor lessons to fit each student's skill level?

Ms. Jane: I first get to know my students—their interests, favorite subjects, music preferences, and artistic inclinations. I play various pieces, letting them choose what they enjoy, as they're more likely to practice what they like. I also consider their music-reading skills, technique, and personality. With 37 years of teaching experience, I quickly assess their level and tailor a lesson plan accordingly.

Ms. Jennifer: I listen to them play and we talk about their goals: what they wish they could play. Then we find songs that help the student meet their musical goals and that inspire them to look forward to practicing.

Learning from two incredible teachers who are part of the Oriole Park community has made my piano journey really special. Their support and love for music have helped me become a better pianist. As I keep learning and improving, I'm thankful for everything they have taught me and excited where music takes

me next. Oriole Park isn't just my school, it's where my love for music has grown!

Arts and Artists: Da Vinci

LUCAS AGUILAR

There were many arts and artists in history, one artist was **Leonardo Da Vinci**. Da Vinci is most famous for his painting the Mona Lisa. The Mona Lisa depicts a lady in a green & brown dress in front of a river and a forest. Leonardo Da Vinci made this painting between 1503 and 1519, and he was fifty years old when he made this masterpiece.

This painting is actually astoundingly small, being only a whopping thirty by twenty-one inches!



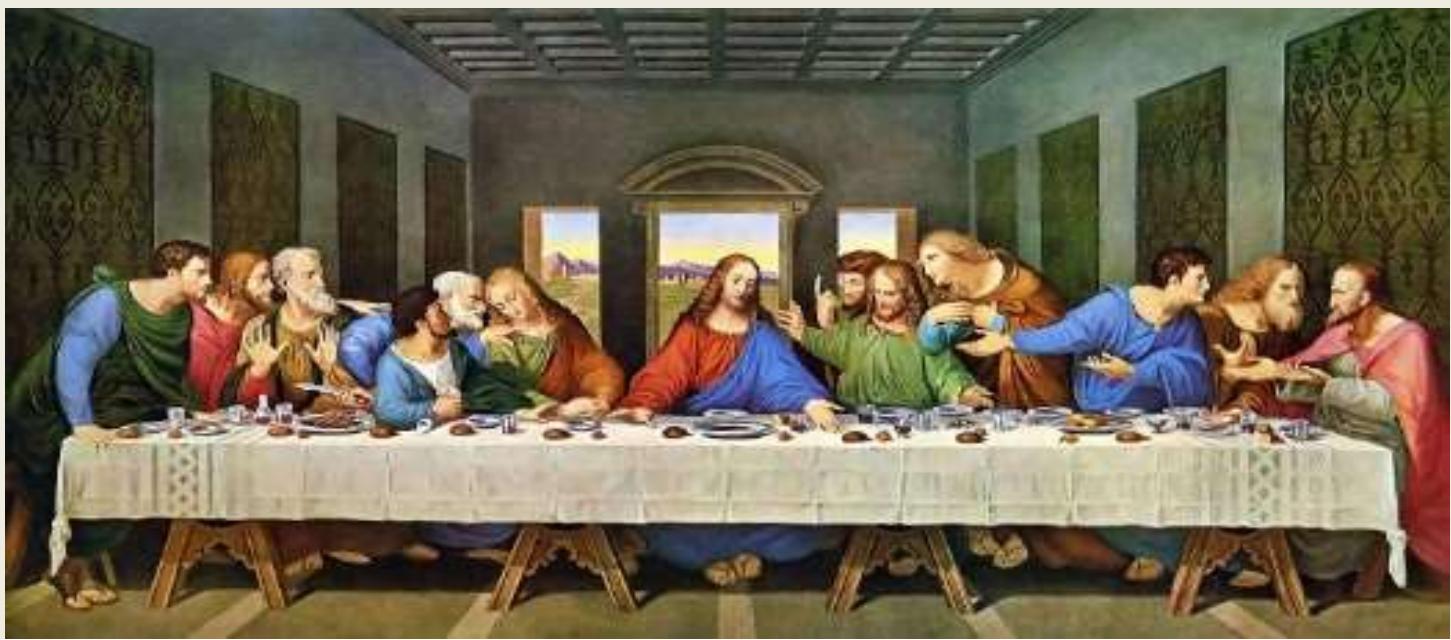
Leonardo also made a painting known as The Last Supper (page 4). This painting depicts Jesus and his disciples surrounding a table eating supper before his crucifixion, hence the name. It is estimated that Da Vinci made this painting around 1495 to 1498 and was around 43 years old.

Blame it on Steve

Anonymous

Is this the face of an innocent monkey or a crafty mischievous creature up to no good? More to come in our next edition.





Interview with the One and Only Mr. Hamilton

ISABELLA COSTILLA

Hello my wonderful readers. It's been awhile since my last interview on one of the amazing staff members at Oriole Park. To be frank, I will be giving you all the juiciest questions I could find. What I mean by that, my lovely readers, is some of these questions are from you! That's right, I wanted to ask some of you lucky viewers what questions you still had lingering, and the answers are here in these pages. But to be clear, the rest of the questions are from me. Can you find which is a student or the interviewer? Stay tuned to find out. Our newest story will be on the incredible conductor who guides the singers into perfect harmony. The man who helped make all the songs in choir possible for the vocalists to sing their heart out. Today, I will be taking my wonderful reader on a beautiful adventure to answer all your dying questions. The one I will be interviewing today is the amazing, superb, incredible, Mr. Hamilton.

We start our journey as the bell rings, ending the school activities. I came rushing down the stairs, exhilarated to get to the choir room to start our interview. As soon as Mr. Hamilton and I settled down in our seats, the interview began. The first question I asked was, "What are the challenges as a teacher?" Mr. Hamilton replied with, "The challenge of teaching choir is teaching two different voice parts. The reason is that part two is the lower voices. Each part learns a different melody and sings together at the same time, making a beautiful harmony of those voices, but sometimes people forget what melody they're supposed to sing, making it harder for the vocalists to sing together." With one question answered,

another must come. I asked, "What drew you to become a music teacher?" He replied with, "Well the first time I was interested in music was when I played the guitar at the age 11. I took private lessons for guitar, and I soon joined choir in middle school, and I loved singing in a group with other people. I just continued singing through high school and college. The teaching part was when I started out as a swimming instructor. I just took my love of music and teaching, and put them together.

Next, I asked him, "How will the choir benefit the singer in the future?" He reasoned as quoted, "Singing in general is a great outlet to express yourself and find your own voice as a person or a student, and gives people confidence in the future of their lives." Couldn't say it better myself Mr. Hamilton, not at all. My final question was, "What is the choir goal this year?" This year we want to learn new songs soon. We have our concert at the *Fine Arts Night*. We will also be having a special performance at Taft Bang-or-Rama."

Now, the moment you readers have all been waiting for, I will reveal where the student questions are... drumroll please! It was lucky question one and three! congratulations if you were able to figure it out before the reveal.

Also enjoy the other story as well. In the newspaper they work really hard on them as I did, and shout out to the choir 5th-8th grade kids. Don't forget the Bang-or-Rama when Hamilton or Zarate send the email for the performance date at Taft.



Arts and Artists: Origami

LUCAS AGUILAR

There were many types of art and artists in history, one type being **origami**. Origami can be traced back a long time ago in ancient Japan, the word origami was originally called orikami, the words "ori" meant fold, and "kami" meant paper. It was changed to origami after a while. Origami also was originally limited to privileged* classes for religious rituals and formal ceremonies*.

The creator of modern origami was Akira Yoshizawa. He inspired a national and international interest in origami. Yoshizawa avoided the accepted cutting techniques used in traditional origami and developed a wet folding technique that rendered* softer, more natural lines.

Teacher Talk!

We interviewed Ms. Avrick, who taught an origami class here at Oriole Park School. We asked what she thought origami was about & why she decided to teach it, "It's a traditional Japanese art of folding paper, and I decided to teach it because I think it's really cool and beautiful." was her answer. Then we asked her what her favorite origami thing to make was, "I like cranes & jumping frogs." she replied.

*Privileged - having the rare opportunity to do something that brings particular pleasure.

*Render - provide or give (a service, help, etc.).

*Ceremonies - a formal religious or public occasion, typically one celebrating a particular event or anniversary.