

Black Cat News

In This Issue

basketball pgs. 10 -12
 calendar pg. 22
 Christmas movies pg. 19
 Christmas traditions pg. 20
 Christmas treats pg. 21
 fall fashion pg. 2
 fall jokes pg. 3
 hockey pg. 14
 hunting pgs. 4 - 5
 Manga pg. 18
 martial arts pg. 16
 music pg. 17
 school musical pg. 1
 skiing pg. 15
 sleep pg. 9
 staff/teacher features
 pgs. 6 - 7
 student survey pg. 8
 wrestling pg. 13

Black Cat News is written and designed by 7th grade Panther Time students. Ideas for future issues? Let a 7th grader know!



Peter Pan, Jr. by Mya P.

The middle school musical is a fun chance to hang out with friends and also make new friends with 8th graders or even 6th graders. Doing plays and musicals means to work as a team and to let others ideas in.

Ms. Nimm directs a school musical every year. Last year, the school did *SchoolHouse Rock*. Mrs. Volden and Mrs. Hansen, teachers from the high school, help out as well. They are kind of like side directors. Also, some of the high schoolers help out too.

When you sign up you fill out a form stating if you want a main role or if you just want to be a chorus member. Some of the main characters get to wear mics. Also, for the flying scene, we got to ride hoverboards!

Usually we only have two performances but this year we did a 3rd one for the middle school. They watched us perform on stage at the Heider Center during the school day.

Cast members: 6th: Sammy, Liam, Aidan, Aubriannah, Brynn, Emerick, Genevieve, Karalei, Kiley, Molly, Tobie, Chloe.

7th: Elly ,Annabell, Candace, Lily M, Madison, Anna, Kayla, Shea, Lily W, Elly, Kayla, Kynzley, Zain **8th:** Alicia, Evelyn, Kahlan, Kara, Sam, Brooke, Lydia, Lily, Josh, Anna K, Brooke, Kahlan, Lydia, Sam



Fall Clothing

By Alexa F

Every year, every season, there are different fashion trends. According to www.modernteen.co, the biggest trends for fall 2022 were

- Sweater vests
- Short sweat set
- Colorful jumpsuits
- Oversized flannels
- Faux leather pants



Here are some of the popular boys' outfits/clothings



Here are some girls' outfits/clothings

Fall Jokes

1. Why shouldn't you tell a secret in a cornfield?
2. How do you fix a broken pumpkin?
3. Why do trees hate going to school in the fall?
4. Why do birds fly south for the fall?
5. Why did the scarecrow win a Nobel Prize?
6. What kind of key can't open doors?
7. Why's it so easy to trick a leaf in October?

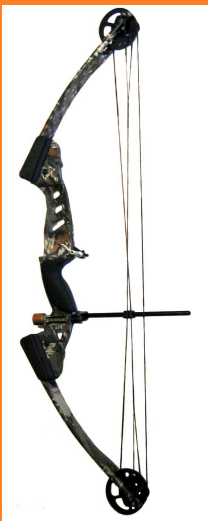
- Answers:
1. Because the corn has ears
 2. With a pumpkin patch
 3. Because they're easily stumped
 4. Because it's quicker than walking
 5. He was outstanding in his field
 6. A turkey
 7. They fall for anything

Bow vs *Gun Hunting*

by Campbell L.

Bow season is September 17 - January 8th, 2023. Bows are very quiet to shoot, but they can only go around 30 to 40 yards. Bow season is long because it is really hard to bow hunt, considering you cant shoot from really far away, and bow hunting is just tough on its own.

Gun season is November 19th - 27th, 2022. Guns are incredibly loud, and depending on the gun, can go a very long ways at very high speeds. Gun season is very short because it is very easy to be successful with a gun. You can shoot very precisely with a gun, (dependant on the scope) and from very far away.



DEER HUNTING

By Adrian H

Types of deer

White tailed



Black tailed



HARVEST AUTHORIZATIONS

Harvest authorizations are issued with each deer hunting license. The number and types of harvest authorizations issued with a deer hunting license may vary based on where in the state you are hunting. Some harvest authorizations are valid only during certain open seasons or when hunting in certain locations. Each harvest authorization allows the harvest of a single deer of the type specified. The following information outlines the types of harvest authorizations, weapon you may use to fill them, along with where and when they are valid.

- Gun deer license, to harvest deer with a firearm; or
- Archer License, to harvest deer with a bow and arrow; or
- Crossbow License, to harvest deer with a crossbow; and
- A valid, unfilled harvest authorization.

Note: The purchase of upgrade is required with either an archer or crossbow license in order to use both weapon types

Guns you can hunt with

- 30-30 cal.
- 357 cal.
- 243 cal.
- 308 cal.
- 300 cal.
- 9mm
- 7mm
- 7mm MMO8
- 835 cal.
- 424 cal.
- 300T6 cal.
- Magnum versions of all guns
- 50 cal.
- 45 cal.
- 40 cal.
- And more

Guns you can't hunt deer with

- 22.cal.
- 177 cal.
- Sling shots
- And more

Licences cost

Gun Deer
\$24.00
Jr. Gun Deer (12-17 years old)
\$20.00
Gun Deer (under 12 years old)
\$7.00
Archer
\$24.00

Who is Mrs. Kirchner? By Oliver L.

1. Where are you from?

Barcelona, Spain

2. What's your favorite flag?

Catalonian flag

3. Why did you come to America?

To work

4. Where do you see yourself in 10 years?

Having a family with kids and being a teacher

5. Why did you decide to teach Spanish to middle schoolers?

Because I wanted to grow as a teacher

6. Do you speak any languages other than English and Spanish?

Yes, Catalan

7. Do you have siblings? If so, do they all still live in Spain?

I do not have any

8. What is your astrological sign?

Gemini

9. Are you married?

Almost! On Dec 31st

10. Do you like Spain or America better?

Both. I like different things from both, but the food in Spain is better

11. Biggest pet peeves?

When people don't listen

12. Best thing about America that's better than Spain?

The freedom

13. Do you think that English is harder to learn than Spanish?

Yes

14. Favorite color?

Blue azul

15. Favorite food or meal?

Pasta

16. How are American schools different from public schools in Spain?

Very different, worlds away. Public schools are very old school and not flexible in Spain.



Teacher Feature: Mrs. Shrake

By Kynzley H. & Jaylee S.

1. What is your biggest fear?

A: Clowns. *IT* scared her and she has clown costume trauma.

2. If you could live anywhere, where would it be?

A: Midwest

3. What's your favorite color?

A: Bubble Gum Pink. It's a cheerful color

4. What was your dream job as a kid?

A: Dentist. They make good money.

5. What's your favorite food?

A: Blue Moon Ice Cream. Fun Fact: It's almond flavor.

6. What's your favorite song?

A: "Dance Monkey". I always dance to it.

7. If you could go to anyone's concert, who would you go to?

A: Eric Church. I've seen him before and always enjoy it.

8. What's your favorite pet/favorite animal?

A: Oakley the Cavapoo. He's my dog.

9. What's your favorite character from a movie, book, or show?

A: Minion. They're funny.

10. Who is your celebrity crush?

A: Zac Efron

11. If you had one wish, what would it be?

A: Happiness for everyone.

12. Who is your favorite celebrity?

A: Adam Sandler

13. If you won the lottery, what would you buy?

A: A house on water and a black Mustang.

14. What superpower would you have?

A: Teleportation

15. What's your favorite book?

A: Celebrity Biographies

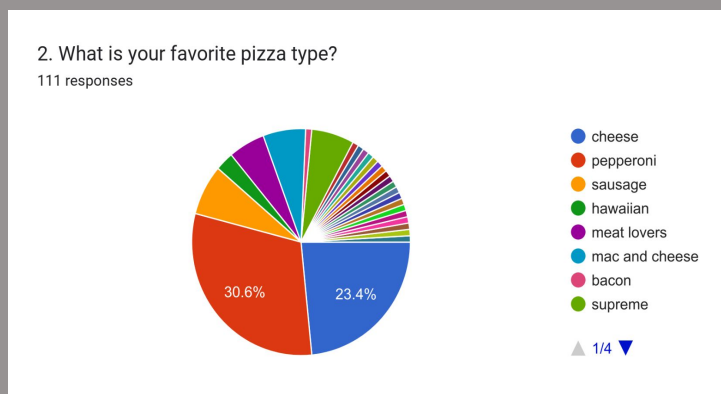
16. What's your favorite subject?

A: Math. I loved my math teacher.



Pizza! By Ben S.

I surveyed the 7th grade students on what they think is the best pizza flavor. There were 110 responses. Here are the results:



As you can see, the majority of 7th graders eat pizza every week, and pepperoni is the most popular pizza for the 7th graders. According to www.hungryhowies.com, pepperoni is the most sold topping with about 250 million pounds of pepperoni pizza sold per year.

Science Behind Sleep

By Gideon S.

Sleep doesn't just help the body in one way. There are actually multiple different ways it helps the body.

Energy Conservation

This theory says that sleep helps conserve the body's energy. It does this by lowering our metabolism, slowing how many calories we burn.

This is backed by how our metabolism slows during sleep. Research into sleep suggests that 8 hours of sleep saves around 35 percent of energy.

Restoration

This theory says that sleep is needed for our body to repair and regrow. Somethings that support this are some important processes that happen during sleep. These include muscle repair, protein synthesis, tissue growth, and hormone release.

Brain Function

This theory supports the idea that sleep is required for the brain to function. Specifically, it allows your neurons (nerve cells) to reorganize. When you sleep your brain waste system clears out waste of the central nervous system, as well as clearing out toxic byproduct in the brain, allowing it to function at full capacity when you awake.

Immunity

This isn't much of a theory as it is facts learned from studying sleep. A healthy and strong immune system depends on sleep. Research shows sleep deprivation can inhibit your body's ability to defend against germs. When you sleep your body starts producing cytokines which are a type of protein that fight off infection and inflammation.

Source: [Why do we sleep?](#)

Basketball

by Anna W

Why You Should Play Basketball:

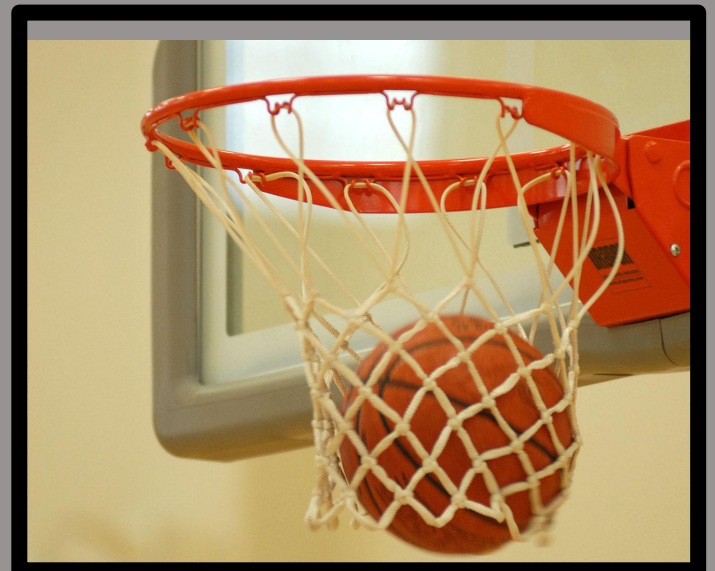
- It forces you to learn teamwork
- It gets you in shape
- It is very fun and you can play with your friends

Positions You Can Play:

- If you are **tall**= A good post player because they can get lots of points by the basket/ in the paint
- If you are **average height**= a good guard, a very versatile player, can do many things, very important to the team
- If you are **short**= you can be a good point guard or a guard to, you can be a crucial part of the team (especially if you are good at passing the ball.
- Also, if you are a **good ball handler** that is very important because you can help your team get points by driving the lane, breaking a press, and much more.

The Benefits of Basketball:

- You can never play a game all by yourself, so you learn to have good teamwork.
- You can't be good at basketball if you are out of shape so you will get in shape and get a good workout.
- You get to play with people (your friends) and you all have the common goal of winning, and if you all try your best you can achieve that goal and it is very rewarding.



Neshonoc Lakers by Ava H.

This team is a club basketball team before the school basketball season starts. They usually practice one or two times a week and play in tournaments on the weekends. There is a seventh and eighth grade team. The seventh grade team is playing where they have three pods and send two to each tournament. The majority of the kids are from West Salem. The eighth grade and seventh grade practice together.





WSMS Boys Basketball

by Wilson G and Jesse J



7th grade boys basketball players: Wilson G, Ethan Q, Jed M, Ben S, Grayson G, Noah S, Braydn W, Tavaryies H, Will B, Jayce, Bryson P, Jesse J, Asher P, Michiah S, Connor H, Aven H, Wyatt S, Evan U, Caleb S, Michael L, Kayden D, Evan B, Marcus K, Colin H, Owen M, Adrian H, Kayden SR, Colten L, Meiko E, Landon w, Casey M.
Coaches: Ms. Serres and Mr. Reader

8th grade boys basketball players: Sam A., Will C., Elliott C, sIsaac D, Luke G, Owen H, Liam H, Collin h, Charlie I, Cody L, Isaiah L, Justus L, Drew M, Andrew M, Jaxen Q, Tristan Q, Graham S, Jameson S, Mason S, Nathan S, Jack T, Michael T, Cade W, Josiah W
Coaches: Mrs. Jehn and

Practices

The season starts in October and goes through mid-December. Practices are right after school at the elementary every weekday except for game days on Tuesday and Thursday..

First, we start with two ball dribbling. Then, we do full court layups both left and right hand. Next we work on offensive plays and out of bounds plays. Lastly, we scrimmage and use our plays against each other.

Schedule

Nov 3rd VS Holmen
 Nov 8th VS Longfellow
 Nov 10th VS Sparta
 Nov 15th VS GET
 Nov 17th VS Tomah
 Nov 22nd VS Lincoln
 Nov 29th VS Westby
 Dec 1st VS Aquinas
 Dec 6th VS Logan
 Dec 8th VS Onalaska
 Dec 15 VS Winona

Middle School Wrestling

By Ryan A.

Participants:

- Raylyn A
- Ryleigh A
- Kaden H
- Kessler K
- John Davis M
- Bryden K
- Landon R.
- Hayden D.
- Isaac A.
- Evan G.
- Evan S.
- Ryan A.
- Noah C.
- Kaden L.
- Hunter B.
- Jackson R.
- Lucas F.
- Jackson W.
- Ben G.
- Ihlee S.
- Gideon S
- Josh T
- Easton C
- Justice E
- Liam O
- Parker W
- Lily K
- Payton K
- Preston B.
- Wyatt P.
- Ryan S.
- Julian S.
- Sophia A
- Sophia W

What a Typical Practice is Like:

We put our stuff in the locker room first. We go down to the BGC and put our wrestling shoes on and go into the mat room. At the start of practice we play dodgeball. After the Bangor kids get there we do daily warm ups. Then we review moves, and at the end of practice we do sprints.



West Salem Youth Hockey

by Nehemiah S.

West Salem has a hockey association for kids ages 4 - 15. The association started in the 1970s. There are over 120 local kids involved.

The teams practice at the Panther Den from October until March. Games and tournaments are held in the evenings and on weekends.

Source:

<https://www.westsalemhockey.org/aboutus>



West Salem Peewees (grades 5-7)

Cole M, Brady P, Connor W,,
Liam R, Berkley B, Philip D,
Camden F, Trevon L, Quinn M,
Derek M, Hudson N, Bladen T,
Clayton V, Levi W

West Salem Bantams (Grades 7-9)

Atticus R, Madelyn R,,
Brenna P, Bernie R, Noah J,
Grace J, Dalton G, Nehemiah
S, Ryver H, Kayden T, Henry
B, Braydon B, Desmond
W, Macy R, Carson Baldwin,
Oliver L

SNOW SKIING

BY BROCK BERON JACK S. & ASHER P.

DIFFERENT TYPES OF SKIING

There are many different types of snow skiing. Some of them include: downhill, slalom, super g, cross country, moguls, and freestyle. In downhill racing you have flat skis with a curve in the front, and you turn in between the poles in the ground. Everyone goes down the hill at different times, but the person that gets down to the bottom with the lowest time wins. Another type of skiing is moguls. In mogul skiing there are bumps on the hill and you don't go off of them like a jump, but rather you dodge them and only hit the side. One more type of skiing is freestyle. In freestyle skiing, you ski on rails and poles on the ground and go off of huge jumps. You get points by your tricks, your landing, and your height. There's also cross country skiing. Cross country skiing is where you have poles and you push yourself across the snow and whoever gets to the end the fastest wins.

10 POPULAR PLACES TO SKI IN THE AREA

- Mount La Crosse
- Cascade Mountain
- Granite Peak
- Christmas Mountain (Dells)
- Alpine Valley
- Nordic Ski Resort
- Wilmount Valley
- Devil's Head Resort
- Grand Geneva
- Whitecap Mountain



MARTIAL ARTS

By: Kesa T.

Tournaments

Tournaments are a fun way to show off your skills! In these kinds of tournaments they have lots of different activities for you to attend and participate in such as forms, sparring, weapons, and in some tournaments you can even do judo!

If you place in the top 3 you can get a trophy to show the place you got. If you don't place, just work twice as hard as you did last time!

Sparring is pretty fun. You get to put some protective gear on and start fighting the other person. Don't worry, it isn't actual fighting! Sparring is safe, it's all based on points. If you strike the person you get one point, but if you kick them it's two. They can also block your attacks (you can block theirs as well) and it will cancel out the point(s).

Forms are just a series of movements that you preform, and then they judge how well of a job you did. Weapons are like forms, but instead of having an open hand you have a weapon such as a boa staff, escrima stick, or even nunchucks.

Judo is basically just trying to push your opponent out of the ring, it's about three rounds for each pair of people.

Grands is only for black belts that got first place in their division. They split the black belts by age and sometimes their gender. So basically, grands is black belts competing for best of the best. Sadly, it's only forms, but it's still super fun to watch!



Mr Reardon

Mrs. Kendra

Mrs. Angela

About My Instructors

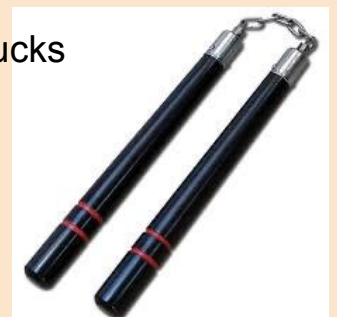
Ms. Angela is the owner and head instructor of A&C Martial Arts in West Salem. She is an amazing instructor who loves her students. She wants you to succeed not only in your training but in life as well. She is a strong and brave individual, and is very emotional. She will be the first to cry if you pass or fail, and will work with you so you understand things. She's serious, but loves to have fun. With 12+ years of training, she is a second degree black belt.

Mr. Reardon is a 6th degree black belt with over 4 decades of training and 35+ years of teaching. He has black belts in multiple styles of martial arts. He's a very lovable goofball who is very serious about our training. He will not hesitate to discipline you (with push-ups) and the class if you aren't on good behavior. As scary as he looks, he is a very nice person who still loves us.

Ms. Kendra is not an official instructor but I am going to include her. She is a black belt and is a very kind and respectful person. She is fierce, kind, and we all love her. She never pauses to make us work hard, and will always care for each and every one of us. When we don't listen or pay attention she gets very annoyed, so pay attention.

This goes with anyone who is teaching the class. You must always respect your instructors and seniors, no matter who they are.

Nunchucks



Music (specifically Mitski)

By Aizlyn C.

With many music artists out there, I have decided to cover Mitski. Mitski is mostly known for her songs “Washing Machine Heart” and “Nobody.” These songs were popular mainly on the social media platform known as TikTok. These two songs were all over 2020-2021 TikTok. However, odds are you may have never even heard these songs before.

Mitski Miyawaki was born September 27th, 1990. She is a Japanese born American singer/songwriter. Both of her parents were born in Japan. As a child she moved around a lot because of her father’s job until her family finally settled in the United States. She sang in choir in high school, and when she was 18 she wrote her first song on the piano.



For projects assigned by school, Mitski wrote two piano based albums: Lush (2012) and Retired from Sad New Career in Business (2013). After she graduated she signed with a record label and released her third studio album Bury Me at Makeout Creek in 2014. This album is mostly known for the song “First Love/Late Spring.” In 2016 she released her album Puberty 2 and then Be the Cowboy in 2018. Then, finally in 2022, she released the Laurel Hell album.

Best Selling Manga

By Courtland H.



Manga is a Japanese graphic novel intended for teenagers and adults. You can find them in the graphic novel section of the LMC. Manga books are entertaining because the plot is exciting with lots of fights. Shows and movies, called Anime, have been made about them. My personal favorite is Death Note.

1. One Piece 516.6M copies sold 5.02M average per volume 103 volumes
2. Dragon Ball 300M copies sold 7.14M average per volume 42 volumes
3. Naruto 250M copies sold 3.47M average per volume 72 volumes
4. Demon Slayer 150M copies sold 6.52M average per volume 23 volumes
5. Bleach 130M copies sold 1.75M average sales per volume 74 volumes
6. JoJo's Bizarre Adventure 120M copies sold average 0.92 per volume 131 current volumes
7. Attack on Titan 110M copies sold aot has an average of 3.23M sold per volume.

Source:

https://en.wikipedia.org/wiki/List_of_best-selling_manga#At_least_100_million_copies_and_above

Top Ten Christmas Holiday Movies

by Madison P.

The top 3 highest selling Christmas movies of all time are *Home Alone*, *How The Grinch Stole Christmas* (2000), *Dr. Seuss' The Grinch* (2018), and *The Polar Express*. Each made a gross earning of around a half billion dollars.

Source: forbes.com

I surveyed 108 7th graders about which Christmas movies they've watched and enjoyed. Here are the results:

1. *Home Alone* (88)
2. *The Grinch* (83)
3. *Elf* (80)
4. *Polar Express* (62)
5. *The Christmas Chronicles* (51)
6. *The Nightmare Before Christmas* (48)
7. *Christmas With The Kranks* and *Klaus* (28)
9. *Santa Paws* (30)
10. *Noelle* (19)



Christmas Traditions by Aubrey O.



Christmas is a fun, big holiday with many traditions. The traditions make the time leading up to Christmas a lot of fun. Some of the top traditions are building gingerbread houses, decorating the Christmas tree, wearing ugly sweaters, looking at the lights, and one of my favorite's, baking multiple types of Christmas cookies.



I surveyed the 7th graders about their favorite Christmas traditions, and here are their responses.

Gingerbread houses: 58.8%



Christmas Carols: 5.9%

Baking cookies: 76.5%



Decorating the tree:85.3%



Wear ugly sweaters: 32.4%



Light drive: 32.4%

Exchange gifts: 55.9%

Watch movies:79.4%

Build a snowman:64.7 %

Elf on the Shelf:44.%

Listen to Christmas music: 64.7%



Christmas Treats by Kaitlyn J.

Everybody loves a good Christmas treat, but do 7th graders favor more?

Which one do people favor more? The favorite cookie shape is star with 27.9%



Out of all the different types of Christmas cookies, sugar cookie is the best type of cookie. It won with a whopping 31.6%.

Favorite types of frosting are very controversial, but it looks like most people like whip cream frosting the most.



Instead of just cookies what other Christmas treats do people like the most? Cookies beat all the other options by more than 35.1%.



December

By: Noah B

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<u>National Pie Day</u> ¹	<u>Special Education Day</u> ²	<u>Play Outside Day</u> ³
<u>National Cookie Day</u> ⁴	<u>Bathtub Party Day</u> ⁵	<u>Microwave Oven Day</u> ⁶	<u>Cotton Candy Day</u> ⁷	<u>National Brownie Day</u> ⁸	<u>Weary Willie Day</u> ⁹	<u>Human Rights Day</u> ¹⁰
<u>National Stretching Day</u> ¹¹	<u>National Ding-a-Ling Day</u> ¹²	<u>National Cocoa Day</u> ¹³	<u>Monkey Day</u> ¹⁴	<u>Cat Herders Day</u> ¹⁵	<u>Barbie and Barney Day</u> ¹⁶	<u>National Wreaths Day</u> ¹⁷
<u>National Suckling Pig Day</u> ¹⁸	<u>Hard Candy Day</u> ¹⁹	<u>Mudd Day</u> ²⁰	<u>National Homeless Person Day</u> ²¹	<u>National Nut Bread Day</u> ²²	<u>National Roots Day</u> ²³	<u>National Eggnog Day</u> ²⁴
<u>National Pumpkin Pie Day</u> ²⁵	<u>National Candy Cane Day</u> ²⁶	<u>National Fruitcake Day</u> ²⁷	<u>Holy Innocent Day</u> ²⁸	<u>Tick Tock Day</u> ²⁹	<u>No Interruptions Day</u> ³⁰	<u>Make Up Your Mind Day</u> ³¹