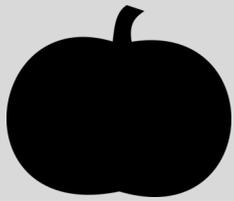


- November 3–  
Daylight Saving  
time Ends
- November 4–  
Beta club Induc-  
tion @6
- November 5–  
Election Day No  
School
- November 7–  
Pep Rally
- November 11–  
ELA Case 21s  
start/ Veteran’s  
Day
- November 15–  
Progress Re-  
ports go out

Happy  
Halloween  
from the  
JagWire Staff!



# DC JAGWIRE NEWS

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## 8th Grade Career Expo

By: *Iris Xue, Franchezca Ulanday, and Jason Ford*

On October 22<sup>nd</sup>, the 8<sup>th</sup> grade took a field trip to the Lander’s Center to learn about different careers they can have in the future. Different careers that were featured were nursing, engineering, technological jobs, and many

more! They provided many activities that represent the labor you may be required to do in certain fields of work. For example, in the Health Science section they had trained nurses teach students how to do chest compressions on CPR dummies. There were also many other activities for amusement, such as a job fortune teller! Students from all kinds of schools came to this event! This is what some of our students and teachers thought about the exposition.

**Q: How was your experience?**

“My experience was very interesting, I enjoyed learning about all the different careers because even if you think they don’t take as much of part in life and the world in general you learn about why and what makes them important.” -Ashley Truong

“I liked it because I learned more about the career I want to be.”- Hannah Doss

“I liked it..... I liked the energy part with the orbs...it would be a pretty fun job to me.”- Emily Horowitz

“It was good. It was a great idea to let kids see how different types of jobs were like and having fun activities for the kids to do.”- Mr. Stockett

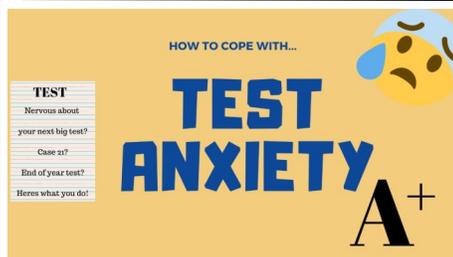
**Q: What was your favorite part?**

“My favorite part was probably the fortune teller because he was very funny but also the health science was cool, because you could see all this fake body parts and skeletons.”- Ashley Truong

“My favorite part was the mascot.”- Hannah Doss

“My favorite part was the pancake toss.”- Emily Horowitz

All in all, the exposition introduced many paths of work to our 8<sup>th</sup> graders and expanded their horizons. There are many different careers shown in the exposition, but there are even more out there for you to explore!



By: *Lilly Urban*

What is test anxiety? Test anxiety is a combination of physiological over arousal, tension, or somatic symptoms. Along with worry, dread, fear of failure, and catastrophizing that occur before or during test situations. Test anxiety has also been proven to impair learning and hurt test performance.

Today 16-20% of students have been diagnosed with high test anxiety. Another 18% are troubled by moderately high-test anxiety. However, only a third of people with this common anxiety seek proper attention. Students with unfit working memory also have had poor test results associated with high test anxiety.

So, what does cases of test anxiety look like? Physical symptoms look like sweating, shaking, rapid heartbeat, dry mouth, fainting, or nausea. Other symptoms include emotions like feeling helpless, fear, anger, and disappointment in yourself or your grades.

A few ways to feel more at ease before test taking time is; studying beforehand, learning in familiar places, establishing a consistent pre-test routine, talking to your teacher, learning relaxation techniques, eating and drinking healthy foods and drinks, healthy amounts of exercise, plenty of sleep, and in some cases seeking professional help! Remember to always have a positive attitude before testing, believe it or not it helps.



Space travel for an everyday person is getting more and more possible. Big companies are constantly inventing new ways to not only travel in space but also live in space. There was a time though where humans used test dummies to go to space. These test dummies were animals and here are a few that have seen the stars up close which most humans never have and never will.

· Albert II became the first monkey in space on June 4, 1949. When the space craft came back down the parachute failed to open and Albert died.

· Laika became the first living being to orbit the Earth on Sputnik 2, Nov. 3, 1957. She died several hours into the flight from stress and heat.

· The French launched the first cat into space on Oct. 18, 1963 Felicette had electrodes implanted in her skin to transmit her condition. She reached an altitude of 100 miles (160 km) and landed safely.

Animals all over the world have gone into space and many didn't come back alive. They were the building blocks of learning about space; what's safe and what's dangerous. If any of these animals never went into space many human lives would've been lost. Thanks to the animals we can explore safely and see the star.



### **How do you celebrate Halloween?**



*By: Meghan Bradford & Jamie Barden*

Halloween is a holiday in places all over the world. Halloween is referred to “The Day of the Dead”, and people celebrate it in many different ways like going to ceremonies where they scare off evil, have bonfires and eat barmbrack (Irish fruitcake), and many other ways. But here in the United States it is common that we dress up, go to haunted houses, and go door to door trick or treating. This is how middle school students celebrate Halloween.

52% of people usually go to a Halloween party

27% of people go to a Haunted House

21% go Trick or Treating



Who else loves sweets? I myself love baking and seeing how the food comes out. I found an amazing recipe for brownies that I want to share with you.

### **Ingredients**

for 24 brownies

(2) ½ sticks unsalted butter, plus more, softened, for greasing, 8 oz good-quality semisweet chocolate, or bittersweet chocolate, 60-70% cacao, roughly chopped, ¾ cup unsweetened Dutch process cocoa powder, divide, 1 tablespoon espresso powder, 2 cups granulated sugar, ½ cup dark brown sugar, packed, 2 teaspoons vanilla extract, 2 teaspoons kosher salt, 6 large eggs, 1 cup all-purpose flour, flaky sea salt, for sprinkling

Grease a 9x13-inch (23x33-cm) dark metal pan with softened butter, then line with parchment paper, leaving overhang on all sides. Grease the parchment with softened butter. Combine the chopped chocolate, ¼ cup (30 g) of cocoa powder, and espresso powder in a heatproof liquid measuring cup or medium bowl and set aside. Add the butter to a small saucepan over medium heat and cook until the butter just comes to a vigorous simmer, about 5 minutes, swirling the pan occasionally. Immediately pour the hot butter over the chocolate mixture and let sit for 2 minutes. Whisk until the chocolate is completely smooth and melted, then set aside. Combine the granulated sugar, brown sugar, vanilla extract, salt, and eggs in a large bowl. Beat with an electric hand mixer on high speed until light and fluffy, about 10 minutes. It will be similar to the texture of very thick pancake batter. With the mixer on, pour in the slightly cooled chocolate and butter mixture and blend until smooth. Position a rack in the middle of the oven and preheat to 350°F (180°C). Sift in the flour and remaining cocoa powder and use a rubber spatula to gently fold until just combined. Pour the batter into the prepared baking pan and smooth the top with a spatula. Bake until lightly puffed on top, about 20 minutes. Remove the baking pan from the oven using oven mitts or kitchen towels, then lightly drop the pan on a flat surface 1-2 times until the brownies deflate slightly. Sprinkle with flaky sea salt. Return the pan to the oven and bake until a wooden skewer inserted into the center of the brownies comes out fudgy but the edges look cooked through, about 20 minutes more. The center of the brownies will seem under-baked, but the brownies will continue to set as they cool. Set the brownies on a cooling rack and cool completely in



### **Coke vs Pepsi**



*By: Bella LaVeck  
& Jaydn Norman*

Do you like Coke more than Pepsi? Or vice versa? Well there are some theories that they are owned by the same company. The truth is they are bitter rivals. Whenever you go to a restaurant and they only have one or the other, does it annoy you? Well it's because both companies prefer their distributors to sell their product and not both. If a vending machine needs service or repair, the service will refuse to work on a machine that has a competitor's product in it when they show up. In fact, Pepsi employees are NOT ALLOWED to even SAY the name of their competitor, they refer to it as the “RED PRODUCT”. However, it is unknown whether Coke refers to them as the “BLUE PRODUCT”.