

PHOENIX RISING

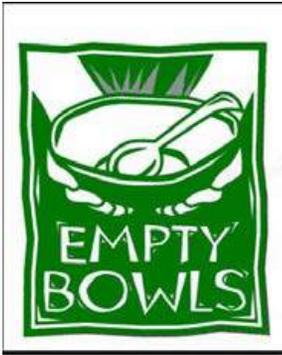
March, 2017



Empty Bowls Fundraiser helps community

By Anna Lock

Phoenix Rising staff



This is the third year of the Empty Bowls Fundraiser, where teachers and students design bowls for charity. Community members can come to Phoenix Middle School and eat soup and chili out of the bowls for fundraising purposes. You also get to take a bowl home with you.

This fundraiser is used to raise money for different causes. When Mr. Hank Schmelz moved to Phoenix as principal, the tradition started. This year the Empty Bowls Fundraiser will be Tuesday, March 21, at Phoenix Middle School. It costs \$5 to buy a bowl and the teachers and students have worked hard to make 350 bowls for this event.

The money from the fundraiser this year will be donated to the Walworth County Boys and Girls Club. The organization is housed at Phoenix, where students can stay after school and have homework help and do fun activities. The first Empty Bowls raised \$1,100 for the community food pantry housed at St. Andrew's in Delavan.

Since the first Empty Bowls Fundraiser did so well, the tradition continued for a second year. The second Empty Bowls Fundraiser raised \$3,000. Mr. Schmelz and the community members who participated in the event donated the money to The Twin Oaks Homeless Shelter.

The tradition started when Mr. Schmelz decided "a school should serve a community." He had also wondered, "How do we create a better community?" He added, "This was an idea to do good locally as well as show off our musical talents and the art skills of our kids. By offering this event, we show our local community that we are a school that cares about serving others."

Herland and PX staff place “Trust” in students’ hands

By Haley Fischer
Phoenix Rising co-editor



This year, eighth-grade students went to the ropes course at the high school during our gym day. Many kids were scared that it was unsafe or they would fall. The activities we did at the ropes course helped us work together and trust one another because sometimes our lives were practically in each other's hands. There were different activities we were able to do.

One of the six activities we did was the zip line. The zip line was where we climbed the wall, and our teammates made sure the rope was tight in order to prevent falls. Once we got to the top of the wall, we would get hooked-in and were able to slide down on the zip line. Once you were stopped at the bottom, your teammates took it from there.

The second activity was “The Flying Squirrel.” The flying squirrel is where you get pulled off the ground by your teammates who run the opposite way, swinging you into the air until you want to get down.

The third activity was “The Catwalk.” The catwalk is where you climb a giant pole and then walk across a beam. After you are done, you lean backwards towards your teammates, who then pull you down slowly.

These were the high ropes course activities. They were also the ones people were most afraid of. After each person did these activities, they weren't afraid anymore; they were excited about facing their fears and helping each other. We all wanted to do each activity again.

The next three activities were aimed at helping us work together and trust each other. The first one was where we started on one side of a rope, behind a line, and we had to make it to the other side without touching the ground. We had to swing in the rope and land in a hoola hoop. We had to work together and come up with a plan to get across.

The second team building activity was “The Spider Web.” We had to get every teammate through the “web” without touching the wire. We had to lift each other up and put each other through the holes until we were all to the other side.

The third and final activity was split up into two parts. One part was where we had a baseball and we had to put it in each of ours hands. Then it had to land in the last person's hand. We had to do this as quick as we could. The second part was where we had a tarp and we were all standing on it and had to flip it over to the other side and not step off the tarp. Then we did another activity with the tarp where we all had to keep folding the tarp and find a way to have all of us stand on the tarp. We couldn't step off until we could sing through the song (Row Row Row your boat) and be able to stay standing on the tarp.

Everyone found the last three activities frustrating, but in the end, it was a blast. Thank you, Mr. Herland, for organizing this great event, and to the staff for helping to make it a success.

Opinion: R-word is terribly offensive

By Morgan Lock
Phoenix Rising co-editor

The R-word. We're all aware of this word, but are we all aware of the impact it really has on people? Some people use it in everyday language, unaware on how their words affect others around them.

The R-word is a horrible word that we need to stop using. It has been used to make people with mental disabilities feel bad about themselves, and that's not something we want happening in the world.

One person on the Web site www.r-word.org makes a good point, by explaining that the phrases, "mental retardation" and "mentally retarded" started out as medical terms, but in today's society they have come to mean something completely different. They have been used to offend people with intellectual disabilities. That shows us a lot about our society today, and that's not OK. We're going to destroy ourselves if all we do is tear each other down. Everyone is amazing in their own way, so why are we bringing each other down because of our differences, instead of embracing them?



Lauren Potter, the actress who played Becky Jackson on the television show "Glee," has down syndrome. She is speaking out against the R-word. She says she doesn't understand why people are so mean, and that "you can't say anything bad about other people - it will hurt other people."

In an interview, actor Jane Lynch says, "the R-word is the same as every other minority slur. Treat it that way, and don't use it." This quote is really inspiring, because a lot of offensive words exist in our language, and the R-word is one of these. Even calling the R-word offensive is, I believe, an understatement. People need to understand the meaning of their actions and words, and think before they speak. I get very upset when people use the R-word, because I know that it is a horrible word, and it causes extreme sadness among people.

One person who has had personal experience with being called the R-word is my aunt. I asked her some questions about how she

feels about it. She says the R-word has made her feel "very sad and angry." Discussing the use of it in everyday language, she says "it's the wrong word to use."

There are many other words to use to replace the R-word. She would like to say "to anyone who has ever been called the R-word, there are ways that you can deal with it properly. Know that you're not the only one who has been down that road."

To conclude, the R-word is offensive, and we should stop using it in our lives.



Review: Lord of the Rings, Fellowship of the Ring, by JRR Tolkien

By Kaia Warner

Phoenix Rising staff

The movie Lord Of The Rings is an exciting fantasy based on the book by JRR Tolkien. It was released in three movies beginning in 2001 with the first movie, The Fellowship Of The Ring. It was a huge success, winning 11 Academy Awards.

There are 19 main characters in the movie to keep track of, which can be confusing, so be sure to bring a book fan to help fill you in if you see it! The book, broken into three parts (the book is not a series), is centered on a ring forged by an evil lord to control others who wear it, and then the entire land, Middle Earth. Over many generations, the ring has been lost and waiting to be found.

Frodo Baggins is the main character who inherits the One Ring from his uncle Bilbo Baggins, who finds it in a dark cave while on an adventure in the story, The Hobbit. He and his nephew, Frodo, are hobbits of the Shire. Hobbits are short creatures with big, hairy feet who enjoy gardening, storytelling, parties, and gossip. They are also very hearty and stubborn, so Frodo is the perfect character to be tasked with taking the ring to a volcano to be destroyed.

While Frodo Baggins goes on this journey, there are eight people who help him get to Mordor: Legolas, Gandalf, Gimli, Boromir, Gollum (Smeagol), Merry, Pippin, and Sam. They, and several others, have a very important role to play in the quest.

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Lord of the Rings, continued...

Sauron is the dark lord who wants the ring in order to take over the land. The orcs are Sauron's army; they try to stop Frodo from destroying the ring. There are also other treacherous characters and monsters who surprise you at every turn. One character who has been poisoned by the ring after owning it for many years is Gollum. He is a unique creature that is a favorite to many fans. It's a long and dangerous journey, but Frodo never gives up. If you like creative movies with unique creatures, settings, and suspenseful battles, you should watch these movies, or better yet, read the 3-part book and then watch all three movies.

Battle of the Books winners named

**By Brianna Gunnink
Phoenix Rising staff**

The Battle of the Books at Phoenix Middle School was great! Congratulations to Kylie Kummer, Naomi Delgado, Ellie Petersen and Isabel Calhoun for the school win. There was also awesome effort put up by the other teams.

If you want to read one of the battle books, talk to Mrs. Huff in the Phoenix library to check one out.

Phoenix January Activity Night successful

**By Kaitlyn Guevara
Phoenix Rising staff**

Thank you to everyone who attended the Phoenix Middle School January Activity Night on Friday the 13th. It was a success and it was so much fun hosting it for the students of Phoenix. The activity night was hosted by the Phoenix Rising newspaper staff and the Art Club at Phoenix.

Our new photo booth seemed to be a big attraction to the students. The funds that were raised will help both the art club and the newspaper club. The art club plans to attend the Milwaukee Art Museum, while the newspaper club intends to purchase T-shirts for the staff. The night included music by a DJ in the cafeteria and an open gym. The clubs also ran the concession stand. Thanks again to the students who attended, and for the help from staff and parents who volunteered, for helping us in our efforts.

Martial arts defined

By Freddy Zomer
Phoenix Rising staff

Did you know there are over 1000 different types of martial arts in 29 countries? To name a few, there are: Karate, Judo, Boxing, Muay Thai, Jiu Jitsu, and Kendo.

Martial arts originated mainly in Japan as various forms of skills, sports, self-defense or attack, and even forms of mental and spiritual development. The sport utilizes physical skill and coordination without weapons.

Kyuki-do, my teacher taught me, is for “defense unless necessary for attack.” In martial arts, students are taught how to defend themselves and attack an opponent. We are taught how to counter-attack a person who is trying to grab us, or someone we care about, or someone who just wants a plain old fist-fight. Basically, we don’t attack unless we feel that we’re in danger.

In my eyes, martial arts means a way of protection for myself and for others when they need it. I am 100 percent certain that there are different people with different ideas of what martial arts means, but that is basically what martial arts means to me.



Students get a kick out of martial arts

By Freddy Zomer
Phoenix Rising staff

Did you know that there are people within Phoenix Middle School who take martial arts? There are teachers and students who participate in martial arts, such as taekwondo, Kyuki-do and more.

I have a feeling some people don’t want to voice that they are martial artists, but that’s OK; they don’t have to. I understand. This is my first year at Phoenix and I am in 8th grade. If you’re wondering what my rank is in martial arts, I am a first-degree black belt in AKF Martial Arts Kyuki-do Delavan. I have been a part of it for five years. AKF stands for American Kyuki-do Federation.

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Students get a kick,

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Here are some questions and answers about martial arts, based on information from the Web site Martial Arts Plus.

“Do the martial arts cause kids to be violent?” Of course not. It is about peace, harmony and diplomacy. It teaches students to avoid fights, not to pick or start them.

“Can students get injured in martial arts?” Every martial arts school and its teachers treat safety very seriously. Yes, sometimes injuries happen. But teachers do everything in their power to make sure that does not happen. Teachers offer special exercises and stretches to make sure students’ bodies are limber and flexible. Also the teachers are ALWAYS keeping a very close eye on everything going on.

“If people are not athletic, can they still do martial arts?” Absolutely. Martial arts teaches students to be coordinated, flexible and strong.

“Is martial arts fun for people?” Definitely. Students and kids who want to join usually have to drag their parents to class - something parents are always shocked to see. Students and teachers alike still have their serious moments where students work and learn ... but we have just as many moments where we goof off and have a blast.

People have many more questions. That was just an overview of what would happen to people who joined martial arts. People from different backgrounds are also involved in the activity.

In all, many people like martial arts but, as my teacher tells me, “martial arts is only for defense, not for attack.” Also, consider when you're bullying or talking to someone, that person might be a martial artist.

