

# JANUARY EDITION

NMS MONTHLY



## THIS MONTH'S EDITION

Quotes

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Quizizz



"Be yourself; everyone else is already taken."

— Oscar Wilde

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

— Bernard M. Baruch

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou

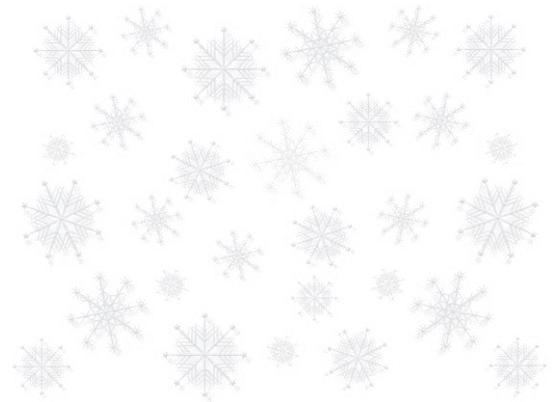
## Quotes of The Month

### Polls and Quizizz!!

[January Poll/Quiz](#) By: Sarah Netto

[New Year's Resolution Poll](#) By: Sarah Netto

[New Year's Traditions Quiz](#) By: Lily Hebert



## Martin Luther King Jr.

By: Adithi Challa

*"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." -Martin Luther King Jr.*

Martin Luther King Jr. was born on January 15, 1929. He grew up learning how to be a Baptist because his father, the original Martin



Luther King, was one himself. Later in MLK's life, he became a Civil Rights activist. He was one of the most visible leaders in the Civil Rights movement. Along with his great actions against the injustice that was in the world, he was the youngest man to receive the Nobel Peace Prize, in 1964. Sadly, King was assassinated on April 4, 1968 in Memphis, Tennessee. Although he may not be with us today, his legacy still carries on.

## SPELLING BEE WINNERS!!

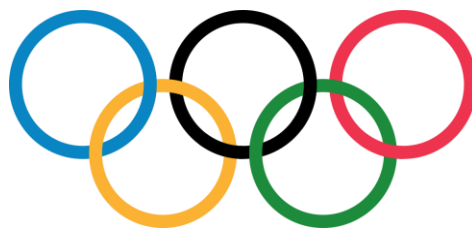
**1<sup>st</sup> place! Nandana- 7<sup>th</sup> Grade**

**Runner up! Zaha Qureshi- 6<sup>th</sup> grade**

**Please congratulate both of them if you ever see them. Good Luck Nandana at the big district bee!**

## Olympic Winter Sports

**By: Harper Mayer and Zaira Qureshi**



Winter Sports:

Alpine Skiing – Regular Skiing except with Fixed-heel bindings

Biathlon - A combines Cross Country Skiing and Rifle Shooting

Bobsleigh - A team sledding

Cross-Country Skiing - Uses their own locomotion to move across the snow.

Curling – Shuffleboard on ice

Figure Skating - A Sport where you Perform on skates.

Freestyle Skiing - Where are do a lot of tricks on skis.

Ice Hockey – Contact team Sport Where you have a hockey stick and a puck and try to get it into the other team's net.

Luge - A small Sled where you ride feet first.

Nordic Combined – Athletes Compete in cross-country skiing and Ski jumping.

Short Track Speed Skating - Competitive Ice speed skating.

Skeleton - Where you ride a small sled down a frozen track face down and headfirst.

Ski Jumping - a sport where you compete to jump the longest on skis.

Snowboard - when you slide down a snow-covered hill on a wooden board.

Speed Skating - when you race on ice skates.

The Winter Olympics started in 1924 and many sports have been added since then.

## 8<sup>th</sup> grade student Alyssa Sayre interview

**By: Vivian Cardillo**

Q/ What is aerial circus arts?

A/ Ariel circus art is like cirque du soleil, so basically there is something hanging from the ceiling, whether it be trapeze, silks, rope, cloud swing, or lyra, and you perform on it. There are also some ground apparatuses like Cyr wheel.

Q/ What apparatuses do you practice on?

A/ I practice on ariel rope, Ariel silks, and cloud swing at akrosphere.

Q/ How long have you been doing circus?

A/ I have been doing circus for 3 1/2 years in silks and 2 1/2 years on rope and cloud swing.

Q/ What does your training involve?

A/ I am in company, which is so I am supposed to get in five hours of practice a week outside of company. I usually train on rope because that usual what I preform on. Then I have classes three days a week. So, I am usually in the gym at least 8 hours a week.

Q/ Do you recommend others to try circus?

A/ Of course, circus is so much fun other people should definitely try it.

Q/ What is your favorite thing about circus?

A/ My favorite thing about circus is the challenge it presents, and how much fun it is.



## Interview with the Winners of the Rube Goldberg Award

**BY: ADITHI CHALLA**

**Special thanks to Medhya Sivaganesh and Elena Breedlove.**

**What were all the steps you took to get your award?**

**Medhya and Elena- "We came up with ideas and a plan, then we tested out each piece to see what worked, then we came up with our first attempt, and tested it and fixed the mistakes. The last step was basically repeated until we got the final result."**

**Did you run into any problems? If so, how did you solve them?**

**Medhya and Elena- “We ran into the problem of parts not working and when this happened, we would change something up.”**

**Did you feel any pressure or tension? If so, what was one way you got rid of it?**

**Medhya and Elena- “This project was very last minute, and we had a few days to finish it, so we got really stressed, but we took breaks sometimes so we could think.”**

**What piece of advice would you give someone who is trying to work towards a similar goal?**

**Medhya and Elena- “Start the project as early as possible and don’t give up.”**

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