

October 25, 2024



Knights' News

REMINDER: We are a Latex free building as well. No latex balloons are allowed in the building!

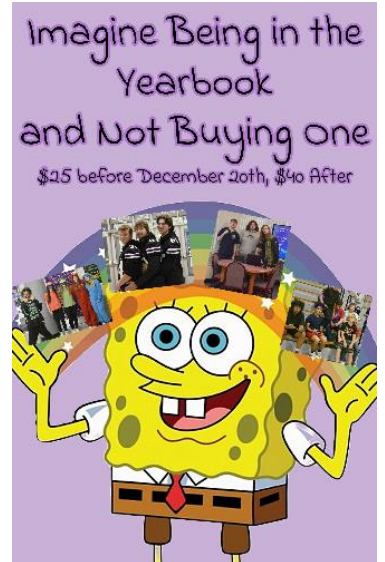
Announcements

- Oct. 28- Main Gym and Multipurpose room closed for decorating
- Oct. 28- Red Ribbon Week
- Oct. 28- Halloween Party/ Haunted House 6-7:30 pm
- Oct. 29- Community Input Meeting 5:30 pm
- Oct. 29- National Honor Society Induction
- Oct. 31- Halloween Showcase
- Nov. 1- End of 1st Quarter
- Nov. 7- Football Banquet @ Sacred Heart

Articles

Early Birds vs. Night Owls
Elizabeth N. 12th Grade

Early birds are the type of people who like to wake up in the morning and do so with a smile, while night owls are the kind of people who like to wake up later in the day and don't like to wake up early. A few big things that involve both early birds and night owls are chronotypes, health, and personality. Knowing what your chronotype is helps you determine which of the two you can label yourself as. Keep in mind that your chronotype can change depending on a few different qualities like your age, gender, and genes. There was a study that occurred at the University of Toronto that showed that night owls tend to struggle more with anxiety and higher levels of depression than early birds. Early birds also tend to have better eating and physical habits, which can help to have lower stress levels and more positive moods in comparison to night owls. Though both early birds and night owls can be healthy, they just need to get enough sleep, eat a good balanced diet, and exercise regularly. When we are talking about personality here, we are talking about what kind of person they are and how they act. For example, there was an intelligence study with over 400 participants, and it was reported that night owls had better scores overall in comparison to early birds. But both early birds and night owls will tend to be more focused and proactive during their respective peak hours of energy and can often display high levels of self-discipline and also the ability to adapt a set routine if needed. Both groups can also be highly dedicated to whatever work they are doing in their peak hours of energy.



Facts about Airplanes
Cameron V. Grade 12

Airplanes are designed to withstand lightning strikes which are estimated to occur once a year or every 3,000 hours of flight time. Planes typically fly at altitudes between 30,000 and 42,000 feet because the thinner air allows them to fly faster and more efficiently. Ashtrays in airplane bathrooms are legally required to meet the minimum equipment needed for a plane. Pilots eat a different meal than their co-pilot to help avoid food poisoning. Pilots sometimes fall asleep while flying, but most passenger planes have an automatic warning system that sounds an alarm if a pilot hasn't moved for a while. The air inside an airplane is drier than air on the ground, so drinking fluids before and during a flight can help prevent dehydration. The low humidity and air pressure in an airplane cabin can make it harder to taste sweet and salty flavors. Cabin lights are dimmed during nighttime takeoffs and landings to make emergency exits easier to find and to allow passengers to adjust their vision. Most Crashes Occur At Takeoff or Landing Research shows that about [80% of plane crashes occur](#) within the first three minutes of takeoff and the last eight minutes before the plane lands

My Memoir
Jack K. 11th Grade

This story starts with my cousin David and I at his house in Bagley in the country. We had a plan for that weekend, and it was to have fun and get in trouble on our dirt bikes without getting caught. Because our cousin Keegan is pretty good at that, we decided that Saturday morning we were going to break into his house and get his bike packed up and then wake him up so that's what we did. We found his new 2022 KTM 125cc 2 stroke and we load it up into his truck and went downstairs in the basement where his room is, and he wasn't there. David and I look at each other so confused. David goes upstairs and I follow him, and we get into his truck and go into town to try to find Keegan.

I looked at his work and he was not there, and I had this feeling that he was still going to karate classes, so we pulled up to the dojo and sure as heck there he was doing kicks and flips. We waited outside for about 20 more minutes and then we pitched our plan to Keegan. He was down and surprised his bike was already packed up. We head back to David's place and start getting our bikes ready for the sand pits next to this gas station in Clearbrook where everyone goes to ride and race for some money. Couple hours pass by, and we are on the way to the track and when we pull up to the parking area the gas station was going crazy. There were about 30 people there with bikes, some we knew and some were just down right stupid in the head doing wheelies everywhere and making noise so we unpacked our stuff and get out of the public and disappear into the track. We got onto the track and there were quite a lot of people hanging around David and I because we both have nice newer bikes, so we started racing people for money and going through ditches just causing trouble and having fun.

Detroit Lions
Skyler B. 9th

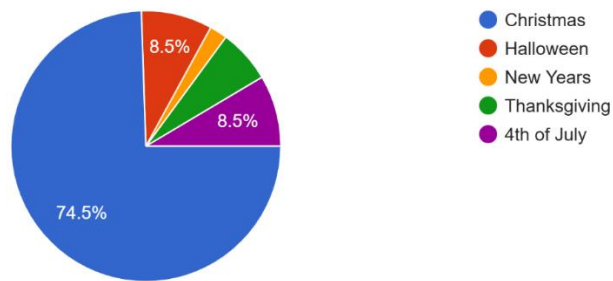
The Detroit Lions are very good this year, starting off the football season with a win against the Los Angeles Rams, winning 26-20. Then during week two, having a tough loss to the Tampa Buccaneers. Losing to them 20-16, it was a tough loss because the Buccaneers are a very good team this year and they weren't very good this last year. Week three the Lions play the Arizona Cardinals having a big win against them with the score of 20-13. Going through the season with a 2-1 record going to play the Seattle Seahawks at home in

Detroit with the Seahawks having an undefeated season so far with a 3-0 record. The Lions had a big blowout at home, winning against them 42-29. This was a very big win because the Seahawks have been very consistent with their offense this season which is very good for the Seahawks. During week four playing the Dallas Cowboys in Dallas and blowing them out with the big win of 47-9. Then Week Five I think they had a bye week. Then this week six is going to Minnesota to go play the Vikings with one of the best fan bases in the league which is very hard to play in when the crowd is loud. It was a battle all game, but the Vikings came short losing by two and the Lions taking the win and now the Vikings and Lions are tied to have the first spot in the NFC North with a 5-1 record.

Sports Update

On Tuesday the 22nd Fisher PCW played the Bagley Flyers and won 22-6. The next game is Saturday against The Thunderbirds in Mahanomen. Fisher Varsity Volleyball won the pigtail game on Monday the 21st against Stephen Argyle Central 3-0, but we lost on Wednesday the 23rd to Kittson County Central 3-0. Marking the end of our volleyball season. Congratulations on an exciting year!

What is your favorite holiday?
47 responses



Kids Thoughts Week #8

What's your favorite flavor of ice cream?

Braison- Chocolate
Giovani- Cotton Candy
Harley- Mint Chocolate Chip

