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Don't Worry, Be Happy

By: Maiya Lopez

What a strange and interesting time to be a kid. Outside the walls of our homes lurks a microscopic enemy called the coronavirus. It has turned our world upside down and has changed the course of our history, some for the good and some for the bad. In the beginning, when life suddenly stopped, things were scary and we didn't know what to expect. Now we live with a new normal. Kids may be feeling a range of emotions from anxious, scared, sad, bored, unmotivated, or depressed. These are all normal feelings during a crisis like this. One of the things we can focus on is looking on the bright side of the situation that we are in.

One of the best ways to stay positive during this uncertain time, is to do what kids do best...play. Most of us enjoy watching or playing a sport of some kind. Play soccer, basketball, volleyball or baseball in your backyard. Believe it or not, kids can do yoga or meditation to help decrease stress levels. Children who practice mindfulness or meditation tend to have better attention, when trying to learn and more empathy and respect for others. Meditation helps kids deal better with challenges like stress, depression, and ADHD. Yoga is also very helpful to kids



See "Don't Worry" on pg. 4

Are You Bored? Try Pen Pals!

By Vivian Robbins

Have you ever been in a conversation back and forth on paper with someone who shares your interests? If you have, then you are a pen pal! A pen pal uses writing utensils to write a note or draw pictures to a friend.



When did Pen Pals Start?

In the 1930s, a teacher thought that it would benefit his students if they could communicate with students in different countries to advance their knowledge of other cultures. Back then, phones did not exist so

See "Pen Pal" on pg. 3

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The Origin of Marvel Comics

By: Sofia Herrera Ponce

Marvel Comics started in 1939 by Martin Goodman, but at the time its name was “Timely Comics”. In 1939, Timely Comics was changed to Marvel Comics. The comics he was making grew extremely popular, and he made the comics in his office at 330 West 42nd Street, in New York City. In 1941 Marvel made their first comic called “The Fantastic Four”.



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Whizzer, Powerhouse Pepper, and many more. Around 1939, Martin hired Stan Lieber, (also known as Stan Lee) to write stories and then publish them. But then the comics weren't as successful, so they tried something different.

In 1961 Marvel Comics published a new comic-book called “The Amazing Spider-Man” which became Marvel’s most successful book. The Amazing Spider-Man was very successful because the main character suffered from anxiety and other things people related to. In 1971, the United States Health and Education wanted Stan Lee to write a comic about drug abuse. Lee wrote a Spider Man comic about that topic. Lee wrote three comics about drugs being



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about drugs being

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Stay Safe and Don't Overreact

By: Gavin Haymond

By now you all have heard of the Corona Virus or Covid-19. You may also know that it's a global virus. Most schools in the US have closed. There are some places not affected too heavily and places that are under lockdown. Let me tell you how to stay safe and not overreact.

Most of you have probably heard of price gouging. Price gouging is buying an item from a store and selling it for much higher than you bought it. It mostly happens in times like these. Most of you are kids and not adults reading this but make sure no one you know decides to price gouge. Some online shopping websites shut down people trying to sell items like toilet paper and hand sanitizer for a much higher price than they are worth.

A way to stay safe is don't go out too much. If you're a kid, the most you should go out for is short walks just to keep yourself healthy. Other than that, stay home and read, help your parents, or do a short workout. Everyone is basically asking you to stay home and be safe.

Another way to not overreact is make sure your not hoarding toilet paper or hand sanitizer. Sure it's running low in stores but hoarding won't help. Other people need items too.

A way to stay safe is to stay six feet away from others outside of your family, and wash your hands routinely. Don't touch your face too much.

Another way to not overreact is not freak out if someone coughs once. Sure you should be cautious but don't freak out, stay



“Pen Pals” continued from pg.1

people could not text or call, they would have to write to each other. It was originally created to raise cultural awareness, but due to the COVID/19, we can use it as a fun way to stay in touch.

How are Pen Pals Beneficial?

Being part of a pen pal relationship is a special bond between you and your pal. It is wonderful to write to someone, especially during the COVID/19 quarantine, that won't allow us to speak to each other within six feet. However, you can still send letters. If you have issues that you want to work out, try writing to a neighbor!

How do I get a Pen Pal?

You can try to write something nice to your neighbor and color it. Put effort into your work, make it look nice. After you write the letter, place it inside a bag. Take the bag to your neighbor's house and place the bag at the door. Ring the doorbell with your elbow. Either run away, or stand about six feet away from the door. If you want to write to someone who does not live a few houses down, you can try to mail it, all you need is a stamp and an envelope! When they open the bag and read what you have written, they will, hopefully, write back to you and put it in the same bag.



What do Pen Pals do?

Pen pals write to each other as often as they can. They try to make one another happy by telling jokes, or making a secret code, and it works. If you decide to get a pen pal, it will probably boost your mood and make you try to be more helpful towards others.

Having a pen pal could keep you connected to people and introduce you to something new. I, myself, have a pen pal. We write things to each other often and color pictures that we draw. If your pen pal does not write back, maybe it was just not meant to be, but at least you tried.

“Marvel” continued from p.2

bad and “unglamorous.” Marvel then started publishing more titles like the Hulk, Thor, Iron Man, Black Panther, Doctor Strange, and Captain Marvel. In 1972, Lee became the president of that company.

In 1986 Marvel Entertainment Group bought Marvel but in 2009 Disney bought The Marvel Entertainment Group for about \$4 billion. In March of 2012, Marvel discontinued their line of comic-books. In 2017 their movies “Guardians of the Galaxy Vol. 2”, Thor, Spider-Man weren't even in the top ten sales.



It is amazing how something little can become so big if you work hard enough and have the courage to try it.

Continued from pg. 2 “Overreact”

calm. You should only be with your family. Some people may see this as a break of some sort, but please don't think of it that way.

Here are a few ways to stay busy.

Some of you may not like this but do school work.



Another thing you may not like, do a short workout. You need to stay fit during this time. Go on a short walk daily. This can help you stay fit. Build a fort with your siblings. Don't just play video games or binge watch that Netflix or Disney+ shows.

Everyone stay safe and stay sane and don't overreact.

Arts and Crafts at Home

By: Ifeatu Okonkwo

Bored at home again? Let's fix that! You sit there, looking out the window and you don't see any people. You don't know what to do. You can't go outside, your siblings found a way to stop being annoyed by you, and you can't go play games since your mom grounded you after finding out you were on the computer for the past 3 hours. Then you see a little hope, a little light at the end of the cave of boredom.

And that light is the one coming from your electronics as you read this article! You must be really **REALLY** bored if you're actually reading this, so, let's fix that boredom and turn it to creativity with arts and crafts!

Toilet Paper Roll Toy

This one is pretty easy to make since the main source of this craft is the tube from a toilet paper roll. And I know your parents bought a lot of that during this time. (Just kidding! Kind of.) Anyhow, let's not get off track. What you'll need for this project is:

A toilet paper roll

Pipe cleaners (Or if you have anything else like straws, go for it!)

Markers/Pencils or anything you can draw with.

Tape.

First, grab that little toilet paper tube and draw whatever you want on it! Be creative! After you're done scribbling on the tube, grab those pipe cleaners and smack it onto the cylinder! Get the tape and make it secure and boom! You got a cylinder dude! You can use it for playing with or you can just keep it as a souvenir of distance learning.

Dot Art

I thought the first craft was too simple, so I decided to choose a harder one. For this you'll need

A rock (Yes, the ones in your backyard.)

A pencil, paint or sequins

You can think of anything you want to draw! Maybe you want to draw a late Mother's day painting for your mom! Or a picture as a Father's Day present! Or just a picture of a rock...on a rock. But you have to make them with dots so don't go really crazy with the detail if you make the dots too big. Anyway, you first get your paint and dip the pencil in it. If you want big dots, use the eraser. If you want small ones, use the pencil led. You basically use different paint to make the drawing you want and you're done! (•>◡<•)

Crafts are fun and they sure make time fly! Please get off the computer now and try the crafts for yourself!

Continued from pg. 1 "Don't Worry"

in lots of ways. It helps kids be more creative, it's good exercise, the deep breathing helps reduce stress, builds listening skills, and encourages a positive outlook. It might sound kind of boring but it's actually really fun! You could play with your pet, and maybe make a funny video. If you don't have a pet you could think about fostering or adopting one.

During this sunny weather, make it a point to spend lots of time outside playing with your siblings. Did you know that you could get vitamin D from the sunshine? You could also play a fun board game with your whole family. Playing hide and seek or tag is a great way to boost your mood and stay healthy. Speaking of play, you



Thank you essential workers!

could write and act out a play with your family to expand your imagination. Don't forget the costumes to make it more fun. If you have a certain instrument or language you've been wanting to learn, now is your chance to pick it up.

Continued on pg. 5

Yes, there are the usual forms of entertainment like TV shows, video games, and movies, but there are better ways to feed your brain. Since we can't physically travel, there are ways to explore the world through the internet without leaving your couch. You can take virtual tours of museums, amusement parks, national parks, and other famous landmarks. Imagine you are at Disneyland about to go on a ride without any lines to wait in! Puzzles are a great way to bring your family together and stimulate your brain. If you love dancing, you could find an online program that teaches you how to dance like on YouTube or just dance. Also, if singing is your passion, you can do karaoke with your family and imagine you are on The Voice. You could watch funny videos of you and your siblings when you were little. You can also ask your parents to show you pictures of you when you were a baby and tell you stories.

One of my favorite ways to stay positive and express myself is through art. There's painting, drawing, coloring, chalking, sculpting, crafting, origami, and computer art like Minecraft and Roblox. Just creating the piece of art can decrease stress and relax your mind. The art that you create can be used to send positivity to others. For example, you can make a rainbow poster with a supportive message to first responders in our city to hang outside your house. You could also make a heartfelt card and send it to your grandparents or other loved ones that you can't visit right now. I don't know about you but I love receiving things in the mail. Write a letter to your friends, cousins, or aunts and uncles to show them you care and miss them.



The easiest way to stay positive is to think about the good things that have happened during this pan-

demic. Scientists say the earth is healing from less pollution coming from cars, trucks, and planes. Smog is lifting, animals

are coming out from hiding at National Parks, shelters are clearing, and we can actually hear nature sounds if you listen carefully. People are finally acknowledging everyday essential workers as heroes. Strangers smile and say hello more often. Seeing these changes should make us feel hopeful for the future and what's to come. Here are some websites you can visit to help you lessen your stress:

S.G.N. (Some Good News) https://www.youtube.com/watch?v=F5pgG1M_h_U&list=RDQMqvjfwRHvsmg&index=5

Virtual Tours for Museums and National Parks

<https://artsandculture.google.com/>

Virtual Rides at Amusement Parks

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=ME5WJoHCaFU)

[v=ME5WJoHCaFU](https://www.youtube.com/watch?v=ME5WJoHCaFU)

Hope for Paws

[Hope For Paws - Official Rescue Channel](#)

SPCA (Society for the Prevention of Cruelty to Animals)

[Sacramento SPCA](#)

The Calming Voice of Bob Ross

[Bob Ross](#)

Meditation Online

<https://www.youtube.com/watch?v=W19PdslW7iw>

Duolingo: Learn a New Language for Free

<https://www.duolingo.com/>

Learn How to Play Piano for Free

[https://www.youtube.com/channel/](https://www.youtube.com/channel/UCj31PEVBMtNlvVOCsQGpbog)

[UCj31PEVBMtNlvVOCsQGpbog](https://www.youtube.com/channel/UCj31PEVBMtNlvVOCsQGpbog)

Nikola Tesla

By Hannah Stensler

You probably know about Leonardo da Vinci and Thomas Edison. You most likely know who Albert Einstein was. But have you heard about Nikola Tesla?

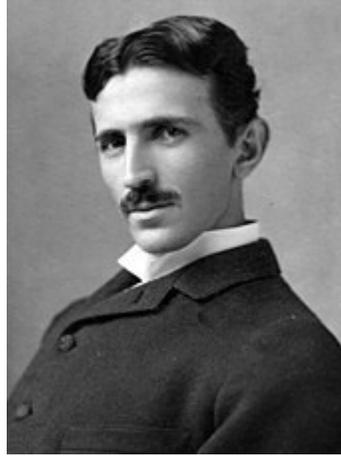
Nikola Tesla was a brilliant man who invented many things we still use today. Living in modern-day Smiljan, Croatia, Tesla was born during a lightning storm on July 10, 1856. His father Milutin, a priest, pushed Tesla to join the priesthood. Inspired by his mother Djuka, who invented small household inventions in her spare time, Tesla's passion lay with the sciences.

After studying at the Karlstadt, in Germany, the Polytechnic Institute in Graz, Austria, and the University of Prague, Tesla later moved to Budapest, Hungary, where the idea of an induction motor came to him. However, after many years trying to gain interest in his invention, at 28 years old, he left Europe for America.

Coming from a poor family, Tesla arrived in America with no more than the clothes on his back and a letter of introduction to the famous inventor, Thomas Edison. The two worked tirelessly alongside one another, improving Edison's inventions. However, several months later, they parted ways due to their incredibly different personalities: Edison was a power figure who wanted financial success, while Tesla's focus was on making lives easier and happier.

Tesla went on to invent dynamos (electrical generators similar to batteries), the induction motor, the Tesla Coil, an AC hydroelectric power plant, and supposedly a death ray. He also discovered radar technology, x-ray technology, the science of using a remote control, rotating magnetic fields, and AC electricity.

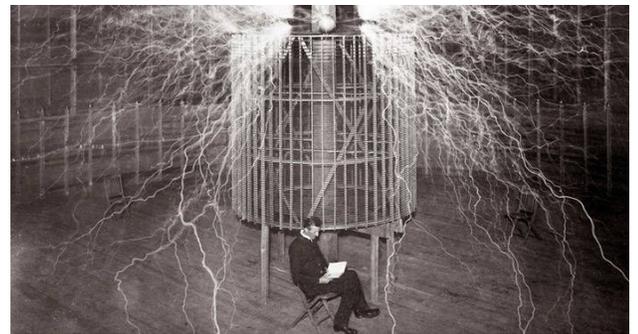
Later, rivalry occurred between Edison and Tesla.



Tesla often had no financial funding for his inventions and ideas, leading to Edison stealing Tesla's ideas and calling them his own. Edison also did everything he could to prove that his ideas for electricity were better than Tesla's, including electrocuting (or in his case "testing his ideas") all sorts of animals. However, in the end, Tesla's idea for AC power distribution was safer and better. Eventually he received funding for his new Tesla Electric Light Company.

Although Tesla was very intelligent, he had much trouble saving his money and at one point was forced to declare bankruptcy - even having to work as a manual laborer to survive.

Towards the end of his life, Tesla began acting strangely. There were rumors that he was building a death ray that could kill any living thing from miles away. As reports of his death ray increased, the FBI's attention eventually was drawn to him.



Nikola Tesla's Death Ray 1920s

Alone and poor, Nikola Tesla died at age 86 of coronary thrombosis (a blood clot blocks blood from getting to the heart) in New York where he had been living for nearly 60 years.

Without Tesla, think of how different our lives today would be - no AC, no safe electricity, no modern devices, no radios, no x-rays, no a lot of things. So thank you to Nikola Tesla, for all your hard work and perseverance!

Not What it Seems

By Izabella Carvajal

There's a picture frame on the window seal with three people in it. There's a man with broad shoulders, brown hair, green eyes, a button-down shirt, and some jeans. There is also a woman in the picture. She has dirty blond hair, blue eyes, olive skin, and is wearing some jean shorts and a floral dress with yellow sandals. Next to them is a little girl, she's wearing a "girl power" t-shirt.

There is shouting in the distance. One voice sounds like a mans' voice and the other, a woman's voice. Click. A little girl is on the couch, aware of all the shouting, she goes up to her parents and asks, " Can I spend the night at Gramma's house?"

"Of course Emily!", they say in unison.

"Yay!", Emily shouts. And before one of her parents could say something, she ran off to her room. Within 5 minutes, she comes down from her room. But when she went to her parents, they were nowhere in sight. Gramma finally came, she hopped into her car with her suitcase. After sometime Emily asks, " Where are we going?" Grandma doesn't respond. They end up in front of what seems to be a huge, thick forest.

"You must be really tired from the car ride here," Grandma says, "Why don't you take a nap under that big Sakura tree?" Emily was tired so she decided to do what her Gramma told her. It had been an hour after Emily took her nap that she finally woke up. Emily looked around to see where her Gramma was, she was nowhere in sight.

Maybe I should go to the forest and bring something good to eat. So that is what she did. When she was about 50 feet inside the forest she encountered a bunny. Hello little bunny, how are you?", she asked jokingly.

"Good, thanks for asking strange human," the bunny answered.

"Wait, you're a bunny, so you can't speak," she said to the bunny.

"If you don't believe me then follow meeee!" the little animal said. Emily was very confused that she just heard an animal talking, but she was curious about it so she decided to follow it. The animal was hopping deep into the forest. When it finally stopped, it was in front of a giant orange tree, strawberry bushes, and blueberry bushes, along with a crystal clear lake.

"Wow, this is like paradise!" Emily said. As she was eating her fruit, she hears a noise. She looks up to three men.

"Hi, have you seen an elderly woman around here?" she asked. Then she decided to stretch and do a handstand. The men stared at her with a possessed look on their eyes. Then one of them yelled, "Witch!!!!!" and proceeded to capture her, as they were reaching for her Emily yelled at the bunny, "Help me!"

"Sorry, no can do, toodles!" yelled the bunny to Emily. She then got put into a bag and was fed some food. When she awoke, she was in the middle of a witch trial... and she was the witch!

A man that looked like the chief of this little colony started to speak: "Now, as we all know, we found a witch in the woods, doing some witchcraft with her hands and the ground, should we burn her at the stake, or let her go?" "Burn her, burn her," chanted the crowd. "Ok then," the chief said and he proceeded to light a stick and put it under Emily. "Nooooo, I'm too young to die!" howled Emily in despair. The Chief dragged the little pit of fire higher up until it was the level of her knees. "Burn, Witch, burn," chanted the crowd.

Suddenly everything went warm, like she was stuck in a warm bath. "Where am I?" Emily thought. She looked around her, but all she could see was a flare of red and orange. "That must have been the fire that burned me," she kept thinking.

The shadows of two people were all she could now see.

"Will she be ok doc?" asked what seemed to be a woman's voice.

"Yes, she might be a little dizzy, but that's all normal," said what was a man's voice. Emily began to open her eyes and she saw the faces of her mom and dad. Emily was confused about what had happened so her parents explained that she had been in a horrible car accident and had been in a coma for about three days. Even though she was glad to be in her world, she still wished to live in the separate world where she lived a double-life.

Animals' Lives Matter

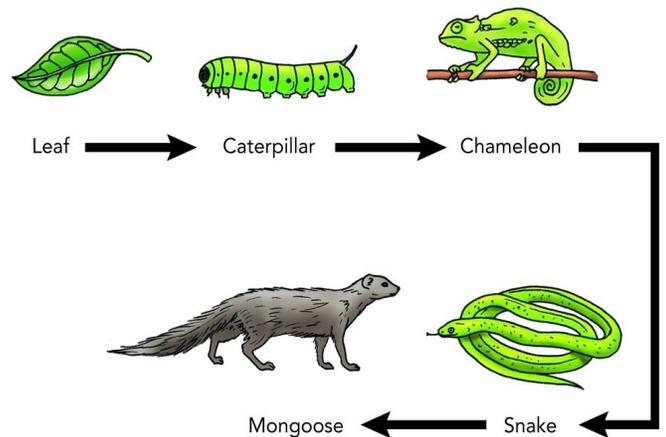
By: Kate Lam

Some of us do not know that the choices we make are capable of harming animals or we choose to ignore the fact that we are doing so. We may not be aware, for instance, of the animals that live in the woods from which we harvest trees. This causes loss of home for the animal that once lived there. Some people shoot or trap animals, too. This behavior is still bad, either for no reason or for an important reason. It is just not right to kill animals!

This is a huge problem because we need a certain amount of each animal. Otherwise if there are too many or too few of some species, this can mess up the food chain. For example, if we start to destroy leaves, then there will not be enough of it for caterpillars to eat and if they do not get enough food. As a result, the caterpillar population will start to decrease, which will leave the chameleons with no food to eat. Without any food, chameleons would begin to starve, too and so on.

If there are too many species of an animal, that can be bad as well. Just imagine that you are a farmer just relaxing for a while until you suddenly spot a bunch of caterpillars eating away at the leaves on your apple tree. Also think about if there were so much more chameleons than

there were supposed to be! The caterpillar population would decrease much faster than it is right now.

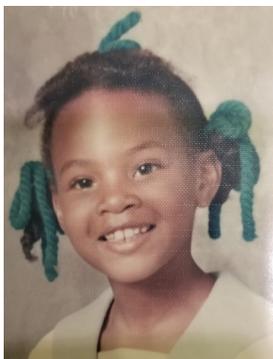


Please stop trashing land, water areas, and poaching, hunting or capturing animals! Animals have families, feelings, homes, and want to live peacefully like most of us. Please, please, please help to keep animals safe! Either by keeping our Earth clean, not poaching animals, or not cutting down trees unless it is necessary. Animals' lives matter!



Otter plays with a discarded plastic water bottle.

Last Issue's Staff Member:



Ms. Hill

Guess the Staff Member:



Look for the answer in the next issue of the Chronicle!