

The Heights Headlines

Reaching New Heights!

Talent Show Auditions & Rehearsals



Did you know that the CHES talent show is right around the corner? So, get ready for an amazing show on April 21st! Auditions were done in the second week of March, on Tuesday and Friday. The auditions determine who will be playing in the talent show, although everyone seems to get in. So many acts will be performing. Some include singing, dancing, magic tricks, and so much more! To do a song, you must send the music to Kira, the head of the talent show. Rehearsals are on Tuesday or Friday and she said that she saw the best and most talented people. The rehearsals are private in the auditorium, so nobody knows what the performers will be doing. Once again, get ready! This is what Maayan T in 5th grade said: "I was excited to show my talent. I was happy when I stepped foot in the auditorium for the very first time." 5th grader Kristelle M said, "I haven't been in the talent show before, so this is my first time, but I am excited to go to the auditorium and to dance with my friend Camila." There will be many beautiful performances by kids. Everybody can't wait for the show.

Saint Patrick's Day

Saint Patrick's Day is the day we try to catch leprechauns; it's the only day they show their face. On this day, people make leprechaun traps and use fake gold to lure the leprechaun into the trap, then catch them. But what's the point of catching them though? The leprechaun is a tiny elf from Irish folklore and is said to love gold coins, rainbows, and green. According to an Irish legend, if a human catches a leprechaun, he or she will grant you three wishes, or even give you his pot of gold. Tales of these small creatures were first created in the 8th century, when stories about small water-dwellers began traveling around the Celtic people. You are probably thinking, "Water-dwellers? I thought we were talking about leprechauns!?" Well, leprechauns were considered water-dwellers, because some say that leprechauns live underwater. But leprechauns are still classified as a type of solitary fairy, and just because they might live underwater doesn't mean we can find them any day other than Saint Patrick's Day. The name *leprechaun* is thought to come from the Irish word "luchorpán," which means small body. This makes sense considering the leprechaun is said to be 2-3 feet tall. It is really hard to catch the little green elf, so we only try once every year, on the day he or she comes out. Sometimes, we see the leprechaun was there by finding their little green footprints. Some people even have competitions of whose leprechaun trap is the best. Did you try to catch a leprechaun?



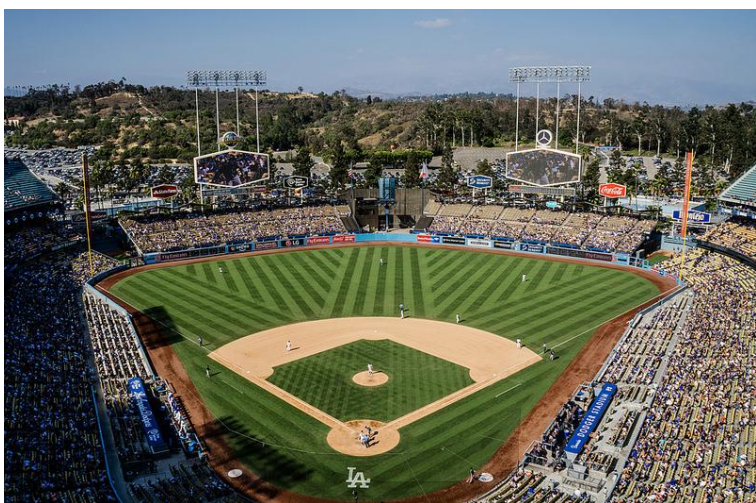
April Fools

April Fools is a fun day to prank people and say the famous saying "April Fools!". April Fools is on the first day of April. Traditionally, you play tricks and silly jokes on this day and then say "April Fools!" once the victim realizes the trick. Some common tricks are to take the icing out of an oreo and replace it with toothpaste; another is placing a whoopee cushion on someone's chair. Some historians speculate that April Fools Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar. In the Julian Calendar, the new year began with the spring equinox around April 1, while in the Gregorian calendar, the year starts on January 1st. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1st, continued to celebrate it during the last week of March through April 1st. People who still celebrated the new year on April 1st were called *April fools*.



The BtB Mile Run around Dodger Stadium

On March 12, 2023, there was a 1-mile run at Dodger Stadium that BTB (Beyond the Bell) ran. The mile run was the 26th mile for the marathon happening on March 19. The mile run was in the Dodger Stadium parking lot. To get there, you had to take a bus from your school. For my school, I had to be at the front gate at 7:30 am and the bus came at 8:00 am. There were over 100 schools in LAUSD that went to the run. When you got to Dodger Stadium you had to go to a specific place to wait for the run to start. It was ordered alphabetically so Castle Heights was pretty close to the start of the 1-mile run. It started at 10:30 am and we were one of the first schools to run. When we were on the track before the start of the run, we had to walk. When the run started, we could either walk, run, jog, or do anything else that involves moving. The track first went uphill then downhill, then uphill and downhill. I finished the run pretty fast and after I finished, I got a medal and some snacks. The run was very fun and it wasn't too hard.



International Women's Day

International Women's Day (IWD) is a day of recognizing the efforts made by women worldwide. On March 8, 1908, thousands of female laborers that worked in factories gathered in East New York to protest working conditions, child labor, and women's rights. It is commonly believed that they locked the female protesters in the factory, and set it on fire. This is, in fact, a myth. IWD is also known as Civil Awareness Day, Women and Girls Day, Anti-sexism Day, and Anti-Discrimination Day. Women have revolutionized the world culturally, politically, and economically. Some famous women who changed their fields are AOC (Alexandria Ocasio-Cortez), Oprah, Rihanna, Whoopi Goldberg, Greta Thunberg, Madonna, Mae Jemison, Serena Williams, Marilyn Monroe, Anne Frank, and more. Some empowering IWD quotes are, "A woman with a voice is, by definition, a strong woman," and "I raise up my voice, not so I can shout, but so that those without a voice can be heard." Those quotes come from Melinda Gates and Malala Yousafzai. This year's IWD theme is "DigitAll." It stands for gender equality in the technology industry. This year's IWD colors are purple and green. Purple resembles justice and equality, and green resembles hope and faith. So on March 8th, show some color! Happy International Women's Day!





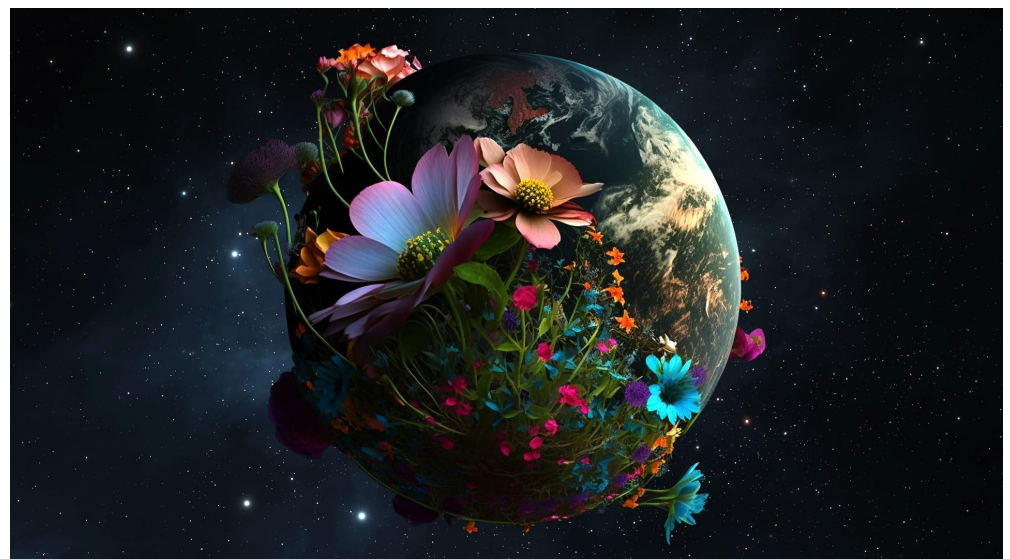
Daylight Savings

Daylight saving is when we lose 1 hour of sleep at night. Daylight saving time was made as a gambit to maximize resources during sunlight hours during World War I. During daylight savings time, robbery rates go down by 7% during the day and 27% during the evening hour. The inventors of daylight saving were George Vernon Hudson and British builder William Willett. People don't like daylight savings because shifting the clocks messes with people's sleep, body temperature, hormones, appetite and other body functions. The two states that have no time changes are Hawaii and most of Arizona. Do you like daylight saving? Scan the QR code and answer the poll question.



Vernal Equinox

Did you know that on around March 21 each year the vernal equinox occurs? You're probably wondering, "The vernal what?" and I don't blame you for not knowing what it is. Most kids and some adults don't know what this is. The vernal equinox marks the beginning of spring. When the Sun is exactly above the Equator, that marks the vernal equinox. It is also when day and night are equal length. The vernal equinox is just a different name for the spring equinox. The vernal equinox is a really cool event that happens every year, and when it happens, you know that winter is over.



Entertainment

The Oscars

When Jamie Lee Curtis won the Oscar award for "Best Supporting Actor," Angela Bassett was not impressed. The face Angela showed proved how disappointed she was. Very quickly, the internet began calling her a bad sport. According to The Cut, "Unsurprisingly, that prompted some people to call her a sore loser, entitled, kinda shady, and not classy." Everyone has the right to express their thoughts and opinions; so let Jamie be happy and Angela mad. This award would have meant the world to Angela, considering the loss of her beloved Black Panther co-star, Chadwick Boseman, in 2020. The way Angela reacted is very human. Some people even think she handled it very well by not throwing a fit. As of now, Angela Bassett has not yet addressed this controversy publicly. The Academy always has one questionable nomination; Jamie Lee Curtis was the victim.

Play of the Month

For this month's play, I chose *The Lion King*. Most people reading this might be thinking, "*The Lion King, that's stupid.*" Well, if you are thinking that, you are very wrong. The play offers new music, a taste of African culture, and best of all, astonishing costumes. This musical offers new songs too. One of my favorites is "Chow Down" by Elton John and Tim Rice. It offers a rock side to the play, giving people more variations of music to choose from. All the costumes are beautiful as well! They were sculpted with clay so they aren't that heavy. My favorite animal is the Elephant. I like how it walks through the aisle in the first number. The way the play gives a taste of African culture is by using instruments including the djembe. They also incorporate a lot of Swahili into the songs and dialogue. I really recommend watching "The Circle of Life" on YouTube. Make sure it's the play version though, and not the movie one.

Book of the Month

The Simple Art of Flying is about two birds named Aggie and Alastair. Alastair wants to escape with his beloved sister, Aggie. But, they both get adopted. Aggie gets adopted by twelve-year-old Fritz, and Alastair gets adopted by Albertina Ploppy. Meanwhile, Alastair is trying to find a way to reunite with his sister. This book is written by Cory Leonardo and was published on February 7, 2019 by Aladdin (the publisher, not the movie). The main setting is a pet store where they both get adopted. The book has 384 pages, and it has some poems too. It is perfect for anyone who likes parrots or anyone who likes *The One and Only Ivan*.

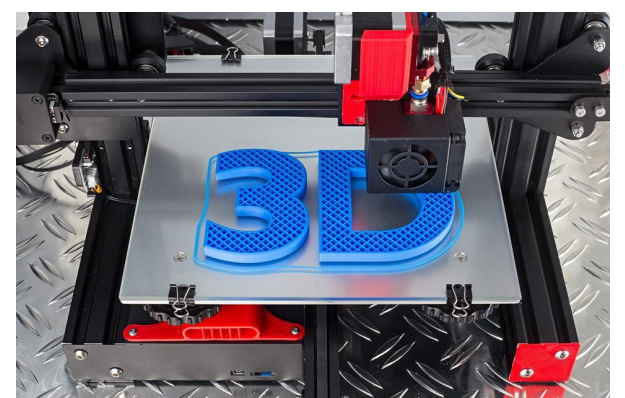
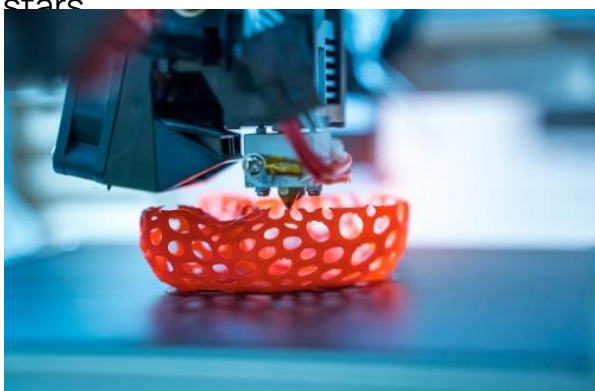
Movies of the Month

There have been many good movies lately, some scary, some animated. Some new good movies have been **The Minions: Rise of Gru**, **Goosebumps**, and **Lightyear**. They are all rated PG and have been trending and popular for a while. A lot of the movies in the Oscars were not really appropriate for younger viewers.

- **The Minions: Rise of Gru:** This movie was all about Gru's first big heist. In the movie, Gru wants to join a villain group called the Vicious Six, but instead steals an amulet from them! An old member of the Vicious Six helps Gru beat the other ones, because he wants revenge. The motivation for the Vicious Six is the amulet that has the powers of the lunar new year. This movie shows Gru's first secret base and his minions. It was pretty good and there were a lot of familiar characters.
- **Goosebumps:** I am a huge horror nerd, so for me this is such a good movie. It's both scary and not scary, so it's literally a horror movie for younger viewers. In the story, a boy named Zach moves into a new town with his mom. His neighbor is RL Stine, and Zach seems to have a crush on Stein's daughter, Hannah. But he accidentally releases a bunch of monsters from RL Stine's books into the real world. Zach, Hannah, and Stein then have to get all the monsters back into the book.
- **Lightyear:** This movie is a prequel to the **Toy Story** franchise. Prequels are movies that are filmed after a franchise is finished or in the middle of it, but takes place before all or a few of the movies in the franchise. This movie is about Buzz Lightyear's past. He and his crew land on this planet. They explore and find deadly plants, they try to leave the planet but they crash land. A few years later they have gotten a bunch of resources and have built a lot and have made this planet their home. Buzz tests something to help get them back to their real home. They keep trying it but every time he tries, 4 years go by on the other planet. Overall, a pretty good movie.

Tech/Gaming

3D printing is a way to make almost whatever you want possible. The way it works is that you create a design on a computer, then you send it to a 3D printer and you can choose the color using a filament. You see the 3D printer melt the filament in with the design to give it color. Then after printing, the design will come with supports to hold the model and to make sure it stays in place. You can easily take them off and get your model and then you get your print. The only problem is that sometimes the printing process can fail and when you take it out, your sculpture will break easily. I rate this a four and a half stars.



Sports

The Big 5th Grade P.E. Test

From late February to early March, fifth grade classes have a Physical Ed test. In this test, the 5th graders have to do an array of physical activities, including 16 laps in under 12 minutes, 7 to 8 push ups, 12 to 15 curl-ups, and more. You do this test in 5th, 7th and 9th grade, so that the state can make decisions about potential health needs. Another purpose of this test is for students to learn the health-related benefits of regular physical activity and the skills to adopt a physically active, healthy lifestyle. This discipline provides learning experiences that meet the developmental needs of students. In my opinion, I love P.E, and I think it's a great way to have fun and to learn how to get in good shape.

The Screenland 5k

On March 12, the Screenland 5k happened! This yearly 5k is a fun race for people to run and be with friends. There are many different 5ks throughout the year. A lot of kids from Castle Heights participated this year. One was Ripley Hilton, a 5th grader, who won 1st place in the run for her age group of 11-12, with a time of 28 minutes and 30 seconds. Others are 5th graders Dax C, Yosi A, Lyla P, Stella and Tess G; and 4th graders Talia M and Arabella S. This year's 5k started and ended in Media Park. The participants each got a piece of paper with a number they had to wear while running. The reason for this was to be able to track the runners with a small tracker that was on the other side of the paper. This was so that when runners passed the finish line, the announcer could say their names. At the end, every person that passed the finish line got a medal, to signify that they ran this race. They ran while people were playing music.

Food

Frosted Mug Cake with a side of Ice Cream Rolls

To make the mug cake I used this recipe:

<https://chocolatecoveredkatie.com/chocolate-mug-cake-recipe/>

For the frosting I used this recipe but used ¼ of it:

<https://bakerbettie.com/homemade-vanilla-buttercream-frosting/>

For the Ice cream rolls I used this recipe:

<https://amandascookin.com/rolled-ice-cream/>

Mug Cake

- 1 tbsp cocoa powder
- 2 tsp Dutch or additional regular cocoa powder
- 3 tbsp spelt, white, oat, or gluten-free all-purpose flour
- 1/8 tsp salt
- 2 tbsp sweetener of choice
- 1/4 tsp baking powder
- 2-3 tsp oil 3 tbsp milk of choice
- 1/2 tsp pure vanilla extract

Steps

1. Make the ice cream roll liquid and put the pan into freezer.
2. Make the frosting and separate it in half. Color one side with yellow food coloring and a little brown to make it gold.
3. Make the mug cake.
4. Cut the mug in half and turn it so it is a half circle from side view
5. Put white frosting on the top and add little dots of the gold frosting to make coins
6. Enjoy!!!



Frosting

- ½ stick (8 oz, 227 gr) unsalted butter, room temperature
- ½ cup (227-454 gr) powdered, icing, or confectioners sugar
- 1 tsp vanilla extract
- ½ tbsp milk or heavy cream (optional)

Ice Cream Rolls

- 2 cups heavy whipping cream
- ½ cup sweetened condensed milk
- ¼ teaspoon sea salt
- 1 ½ tsp pure vanilla extract

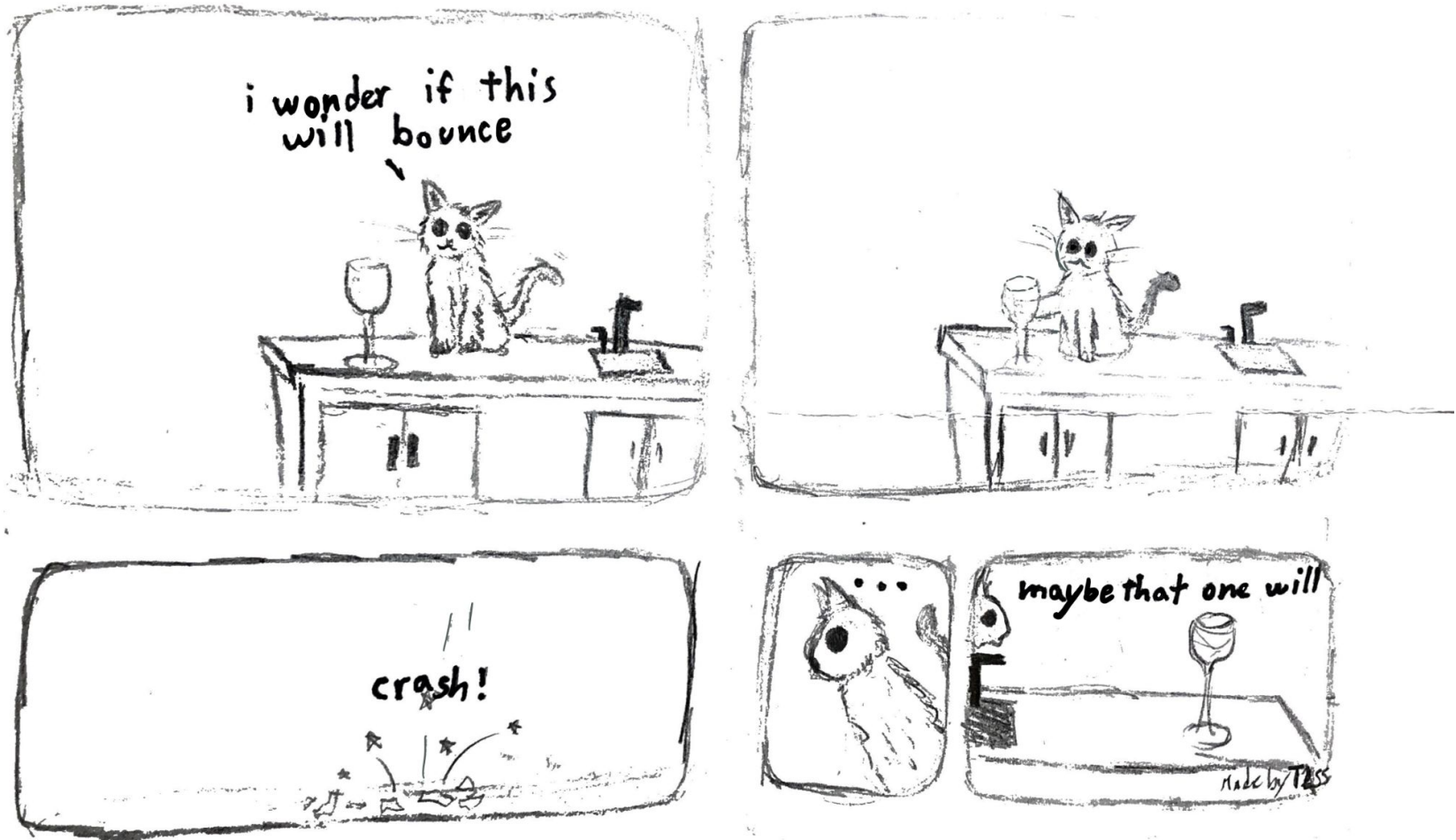
Reviews

Ambie Yesus rated it a 9 ½ out of ten. She said it was great. Yosi rated it a 9 out of ten. He said that it was great but it was a little hard to make good ice cream rolls so you should stop rolling when it is a nice thin roll.

Comics

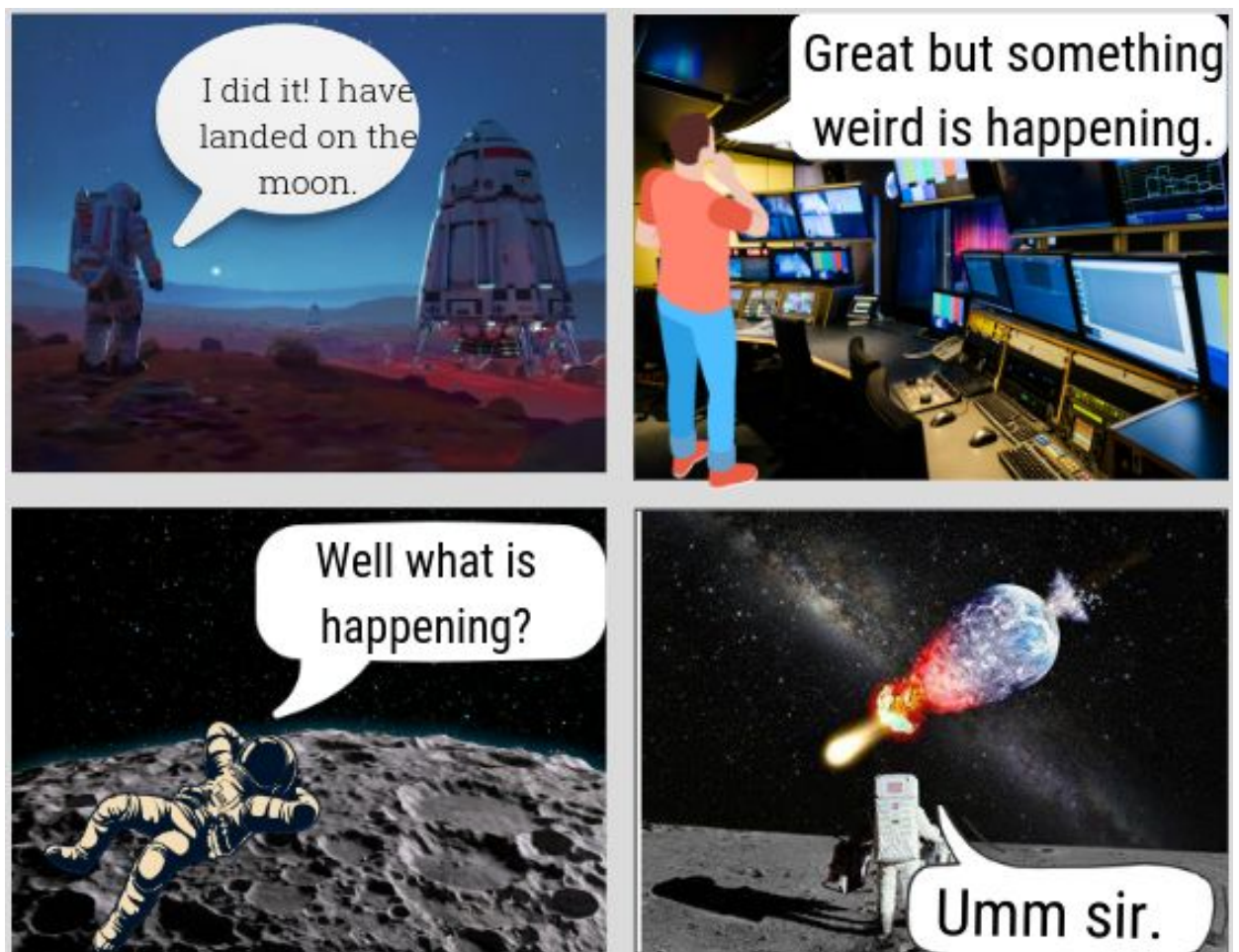
Cat Logic

By Tess G.

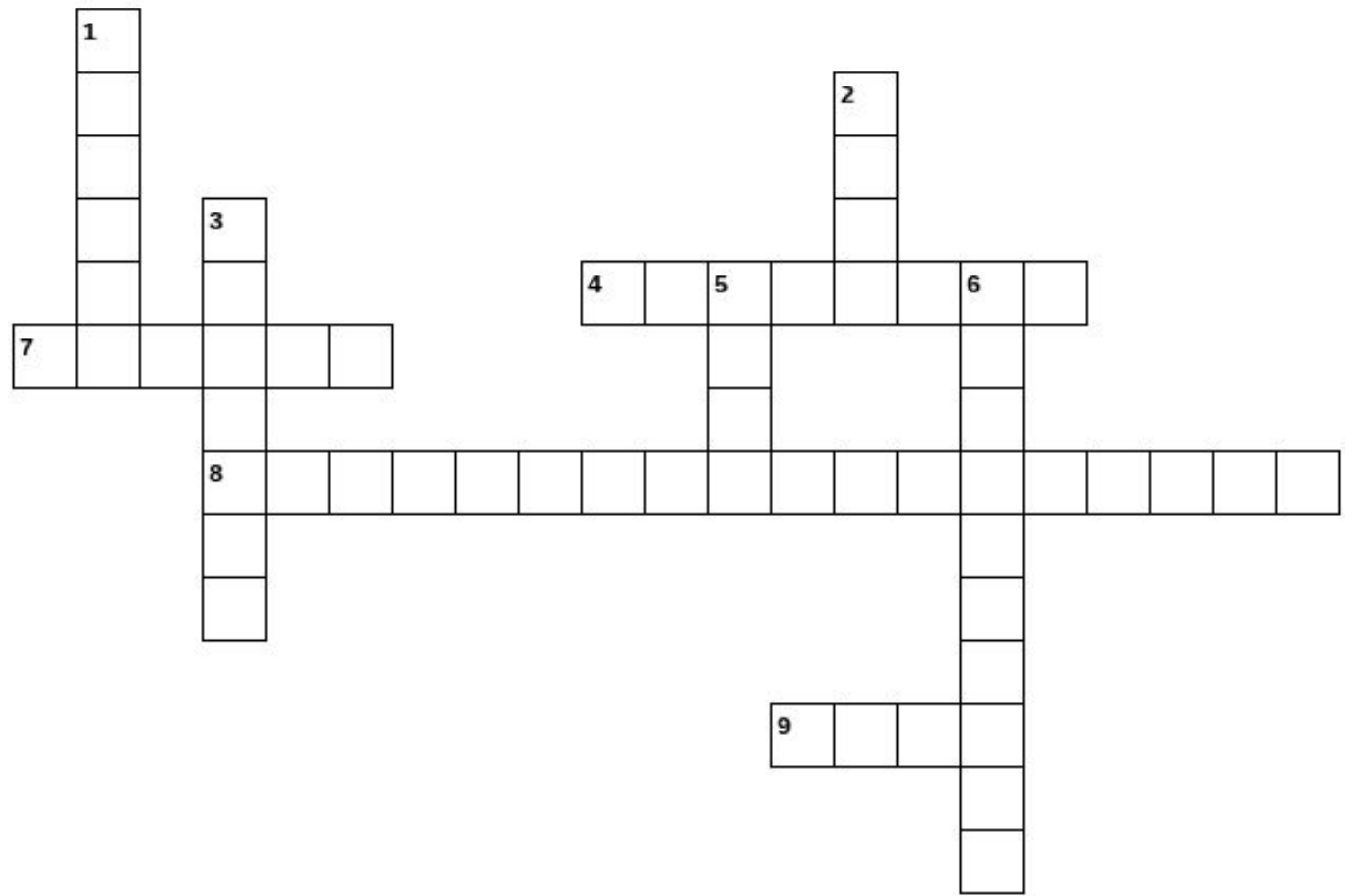


Wish you were here...

By Dax C.

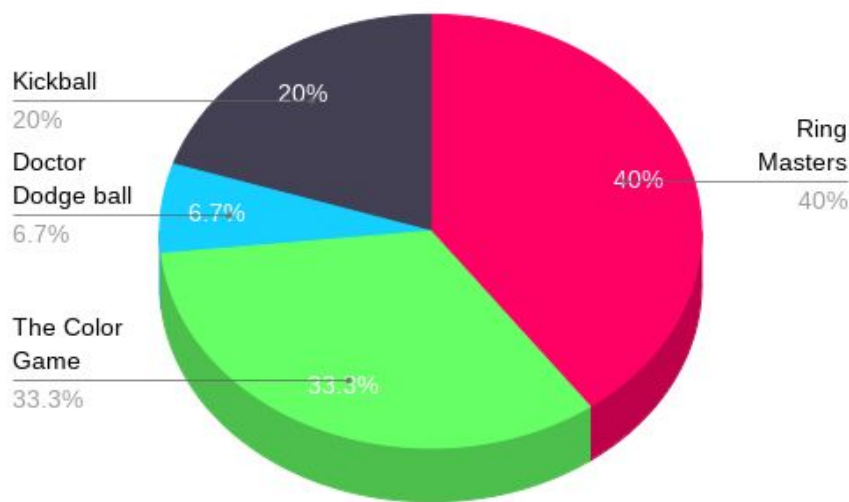


March Crossword Puzzle



The P.E. Poll Results!

P.E. Poll



Across

- 4. The theme for International Women's Day
- 7. The event that happened on the 3 days we didn't have school
- 8. The theme for the spring book fair
- 9. The head of the talent show

Down

- 1. The sponsor for the school dine-out
- 2. The talent show is April _
- 3. the leprechaun's gold is at the end of the _
- 5. What do leprechauns love?
- 6. The little green elves that come out on St. Patrick's Day

Poll



Which act do you want to see at the talent show? Scan this QR code to vote. You can scan with your phone or computer.

Sudoku

				9			6
			4		5	3	
		8	1				
	8	2	7		1		
	4	2	3			9	
7				1			
	2		1			7	
	6			8		3	5
8							6

Letter from the Editor



This month, we tried to stretch our limits and expand our main articles to the fullest. We tried to cover the best stories of the month and hopefully we didn't miss anything. Our sections have been a great hit and we hope to continue them. A HUGE thanks to our teacher, Ms. Javelosa, for helping us take our messy newspaper and change it into a professional one. Room 28 will miss you tremendously when you leave. You have been a great asset to this newspaper and our class. Of course, big thanks to the team, for getting through another month of the newspaper. Honestly, you guys are doing amazing. And thank you to our readers for giving great feedback. If you have a suggestion for how to make the newspaper better, you can tell anyone from Room 28 and we will try our best to incorporate your feedback. Have a great month!

Lyla P.
Editor-in-Chief

The people that made it work

Editor-in-chief: Lyla P.

Main Writers: Nico K, Stella G, Maayan T, Henry W.

Photographers: Tess G and Toni M.

Gamemasters: Maayan T, Andrew R and Stella G.

Food: Yosi A.

Sports: Ryan D, Freddy P, Henry W and Kristopher L.

Entertainment: Ripley H, Nico K, Camila S, Kristelle M.

Tech: Dax C, Leon G, Luis Y and Aaron E.

Artists/Comics: Dax C, Toni M, Tess G, Yosi A.

