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Idol's back By Mackenzie House

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Famous Words selected
by Tre'Chiondria Lathan:

“When all
think
alike, no
one is
thinking
very
much.”

—Walter Lippmann

That's right; it's time for us to join our favorite judges—Randy Jackson, Paula Abdul, Simon Cowell, and our favorite host Ryan Seacrest for America's favorite talent search! *American Idol* premiered Tuesday, January 15, for its seventh season in a row. This show has been such a big hit in the typical American household. This season's premier had roughly 33.2 million viewers, although *Idol's* critics are disappointed with the 11% loss of viewers from last season's premier.

American Idol has graciously given us some of the world's biggest singing sensations like my all time favorite winner, Kelly Clarkson (season one winner). Other big successes from the show include Carrie Underwood, Jordin Sparks, Chris Daughtry, and rising star Blake Lewis, but that's not even half the talented performers who have appeared on the show. Critics say this season will be better than ever. But hey, it is the seventh season, and seven's a lucky number, so maybe they're right!

Make sure to tune in every Tuesday and Wednesday at 7 p.m. to watch the auditions (one of the humorous parts of the show), and when it comes time, pick up those phones and VOTE, VOTE, VOTE!

Preparing for competition By Mackenzie House & Josie Mumm

Mrs. Hill, JB's TAG Facilitator has recruited teams for the annual National History Day competition. The idea of the competition is to research an important event in history that can tie into a yearly theme. This year's theme is "Conflict and Compromise." Students participating can choose to present their historical event in the following forms: documentary, story board, drama, or research paper.

The competition will be held on March 10, at St. Ambrose University. All the projects will be judged at a certain time, and the judges will choose a select few in each category worth advancing in the competition which could lead to State and then Nationals. All the participants who take part in National History Day put a lot of time

and effort into their projects. Make sure to wish them good luck!

The legendary Ledger By Mackenzie House & Anna Lyons

Heath Ledger—an inspiration to all people who would like to have an acting career. His work is truly amazing. He played his roles like no other.

Ledger began working in the public eye in 1999. He has starred in over forty TV shows and films. The most memorable movies he has starred in were probably *10 Things I Hate About You* and *Brokeback Mountain*.

It is sad to report that on January 22, 2008, Ledger passed away leaving his former girlfriend Michelle Williams and his daughter Matilda Rose Ledger behind. The family held a private memorial for Ledger days later.

The question that bothers us all is how did he die? It has been concluded that he died from an unintentional combination of prescription drug overdoses. Ledger will always be missed. Fans are grieving, and he is making the tabloids more than ever before. We will always miss you, Heath. Rest in Peace!

Super bowl miracle By Meghan Essary & Kinzie Hull

Super Bowl 42 was held on February 3, 2008. It was intense until the very end. The defense from the Giants was phenomenal and the catches that were made were astonishing. In the first quarter, the Giants forged ahead with a 3 to 0 lead. In the second quarter, the Patriots flew ahead 7 to 3. The third was exciting with a back and forth score, but the Patriots pulled ahead 14 to 10. The last 35 seconds in the fourth quarter were the most exciting, though. You could almost say that it was a victory fought until the end. The Giants pulled out and won 17 to 14. It was a very exciting miracle worth watching.

Bulimia

By Jackie Howard

Bad breath, sore throat, vomiting blood, and a higher risk for heart attack. Why would someone want this—for a thinner, less healthy body? This is all caused by a mental disorder called Bulimia Nervosa. It means a person will purposely vomit or abuse laxatives just to lose weight. In many cases, this person will not look any different in size or shape but will become very ill on the inside. As in Anorexia, the disease occurs more often in girls than boys, but 10% of the cases occur in males. Signs of this disorder are:

- ♦ Frequent trips to the bathroom after meals.
- ♦ Going for unexpected walks at night.
- ♦ Excessive desire for privacy in the bathroom.
- ♦ Eating unusually large amounts of food, with no apparent change in weight.
- ♦ Excessive, rigid exercise regimen; however, it is difficult to distinguish a serious athlete from an athlete with bulimia.
- ♦ Poor body image: preoccupation with body weight, weight loss, dieting, and control of food. Wearing baggy clothes to hide the body.
- ♦ Discolored or callused finger joints or backs of the fingers.
- ♦ Tooth and mouth problems.

If you know someone with these symptoms or you are bulimic, seek help for this disorder before it gets out of hand or the person dies. About 10% of people with bulimia actually do die.

Tornado terror By Anesa Lovedy & Meghn Essary

Tennessee was devastated by the outcome of a deadly series of tornadoes that covered the Southern States. Before rebuilding can begin, the huge job of clean-up must be attempted in this northern Tennessee community. Other states such as Arkansas, Mississippi, Kentucky, and Alabama were just as devastated, as many tornadoes ripped across the South. Killing at least 55 people and injuring hundreds more, it was the nation's deadliest set of twisters in more than two decades. Federal and state emergency teams poured into the hardest-hit areas, along with utility workers and insurance claims representatives. Hundreds of homes were demolished across the region, and

officials are only beginning to tally how much the tornadoes will cost.

Thirty-one people were killed in Tennessee, 13 in Arkansas, seven in Kentucky, and four in Alabama, emergency officials said. It was one of the 15 worst tornado death tolls since 1950, and the nation's deadliest barrage of tornadoes since 76 people were killed in Pennsylvania and Ohio on May 31, 1985.

One of the most remarkable survival stories occurred in Castalian Springs, TN. A baby was discovered unscathed in a field across from a demolished post office. A bystander wrapped the crying child in his shirt. There was no word on the child's parents' fates.

"He had debris all over him, but there were no obvious signs of trauma," said Ken Weidner, Sumner County Emergency Management Director.

The National Weather Service issued more than 1000 tornado warnings from 3 p.m. Tuesday to 6 a.m. Wednesday in the 11-state area where the weather was heading. The Storm Prediction Center in Norman, OK put out an alert six days in advance.

There were no comprehensive estimates yet on damages, but the tornadoes' paths left behind flattened streets and tree lines, shredded mobile homes, flipped-over tractor-trailers and trucks, and concrete floors where homes, garages, and carports once stood.

Tennessee Gov. Phil Bredesen, who viewed the northern Tennessee damage by helicopter, said after his aerial tour: "It looks like the Lord took a Brillo pad and scrubbed the ground."

Weather conditions were ripe for tornadoes, and forecasters were ready with warnings. In many hard-hit areas, sirens and TV warnings were credited with helping keep the death toll from being even higher.

In the mostly rural area of Lafayette, there are no tornado sirens. Linville, the county mayor, said he didn't think they would have made much difference because of the way the 23,000 residents are spread out.

"You don't really think it's going to hit you until you realize it's on top of you, then it's too late," he said.

Just outside town, Melissa Bryant watched as friends picked through the heavily damaged home where her 78-year-old mother Dorothy Collins survived

in a bathroom.

"It's devastating and terrible," Bryant said. "But she's very lucky; she's alive."

The two-story garage was gone, and in a yard filled with debris, the bellows of a bull that neighbors said had been injured by a fallen tree could be heard from hundreds of yards away.

Students took cover in dormitory bathrooms as the storms closed in on Union University in Jackson, TN. More than 20 students at the Southern Baptist School were trapped behind wreckage and jammed doors after the dormitories came down around them.

With five minutes' warning from TV news reports, Nova and Ray Story huddled inside their home outside Lafayette and came out untouched. But nearby, their uncle, Bill Clark, was injured in his toppled mobile home.

They put him in the bed of their pickup to take him to a hospital, and neighbors with chain saws tried to clear a path. What normally would have been a 30-minute drive to the hospital took well more than two hours because the roads were clogged with debris. Clark died on the way.

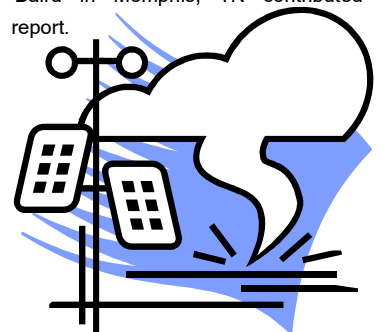
"He never had a chance," Nova Story said. "I looked him right in the eye, and he died right there in front of me."

Sorrells, who with her mother and her mother's boyfriend filled garbage bags with belongings pulled from the rubble of her home Wednesday evening, said she was sitting on her couch watching storm coverage on television and talking with her mother by cell phone when the power abruptly went out.

"Something is hitting the house," she told her mother. Then, "It's here!"

The next thing she knew, she said, "I was looking up at sky."

Associated Press writers Jon Gambrell in Atkins, AK.; Holbrook Mohr in Jackson, MS.; Seth Borenstein in Washington, D.C.; Murray Evans in Oklahoma City; Ryan Lenz in Lafayette, TN; and Woody Baird in Memphis, TN contributed to this report.



Food woes By Tyler Hurst

There's no soft way to put it, the quality of American food has gone way down, and health and nutritional value are second in priority next to visual perfection. Some of the methods used in producing food are rather...disturbing. You would be far better off eating food grown at home than some of the junk you might find in a supermarket. Home grown foods may not look picture perfect, but they are probably more nutritious than the stuff you find at the store. They also won't contain excessive amounts of pesticides and other toxic chemicals.

Before the food comes out of the farms and onto your table, it goes through some rather...disturbing practices. Crops today are geared more toward being able to hold pesticides and the like than actual nutrients. Now pesticides will shorten people's lives in the long run and are in nearly every fruit/vegetable on the market.

When you buy beef at a supermarket, there are a few things you need to be aware of. Cow farmers of today put hundreds of cows in a relatively small area, greatly increasing the chance of disease in the livestock. To help counter this, farmers pump the cows full of antibiotics meant to

prevent disease. This makes diseases adapt so as to become immune to the antibiotics in question. This makes it all the more likely for humans to catch diseases from the meat they eat. In fact, the notorious mad cow disease has crossed the barrier from cows to humans. Not something I would enjoy having.

One way to avoid some of the pesticide exposure is to grow the fruits and vegetables at home without the use of pesticides and other chemicals. It may not look as perfect as the food from the store, but trust me. I know from experience. The fruits and vegetables will taste fine and won't cause you to get sick. If you don't have time to grow the fruits, then look for fruits that are grown locally. They should be more nutritious than the foods from the global market. As for meats, try to buy them from companies that don't put all their livestock in a small area. Letting them roam about will reduce the chance of the livestock catching disease. If you don't know about companies like that, do some research. There's bound to be at least some that give their livestock enough room.

If you take the time to do a little research, your family could be eating much better tasting and healthier foods. I forgot to mention that foods taste better fresh, didn't I? Oh well. Happy shopping!

That's one old woman! By Anna Lyons & Mackenzie House

That's right—the oldest person in the world has been discovered! Her name is Miriam Amash, and she lives in Jisr az-Zarka, Israel. How many candles will Miriam Amash be blowing out on her next birthday? The answer is 120. Amash believes that she is the oldest person in the world.

Miriam Amash isn't your everyday woman, either. She has 11 children, 120 grandchildren, 250 great grandchildren, and 20 great-great grandchildren. Wow! That's a lot of kids. I wonder how she keeps track of them all!

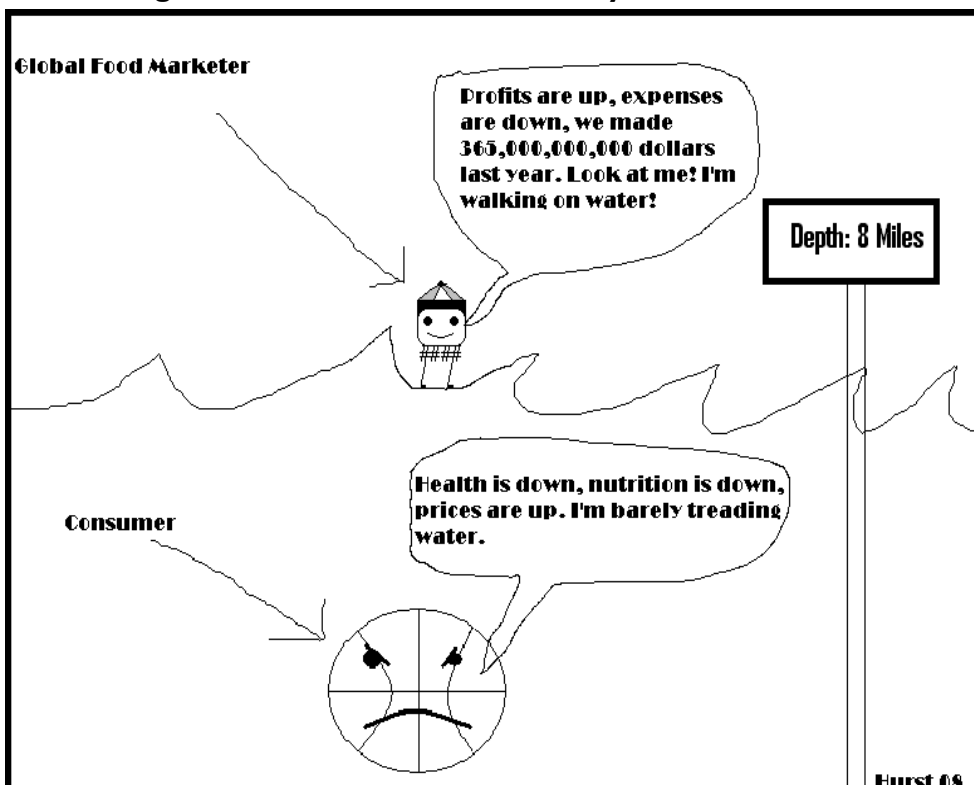
Miriam was actually going to get a new ID card because her birth date is so old, she is often questioned on that basis. It's not everyday you find someone who was born in 1888. Miriam was asked to be in the *Guinness Book of World Records*; she refused the offer and wished to remain anonymous.

Miriam is a healthy woman. She walks every day, and makes sure she drinks one glass of olive oil a day. God Bless her!



Not too bad for 120 years...

Prices at the pump, prices at the register, prices for home heating...WHERE will it end? It's a scary world we live in!



Application form shows birth date as 1888.

You think English is easy???

Can you read these right the first time?

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. Upon seeing the tear in the painting I shed a tear.
19. I had to subject the subject to a series of tests.
20. How can I intimate this to my most intimate friend?

Let's face it, English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple.

English muffins weren't invented in England or French fries in France.

Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

Ship by truck and send cargo by ship?

Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which, an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all.

That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

P.S. Why doesn't "Buick" rhyme with "quick"?

You lovers of the English language might enjoy this.

There is a two-letter word that perhaps has more meanings than any other two-letter word, and that is "UP."

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP?

Why do we speak UP and why are the officers UP for election and why is it UP to the secretary to write UP a report?

We call UP our friends. And we use it to brighten UP a room, polish UP the silver, we warm UP the leftovers and clean UP the kitchen.

We lock UP the house and some guys fix UP the old car.

At other times, the little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing, but to be dressed UP is special.

And this UP is confusing: A drain must be opened UP because it is stopped UP. We open UP a store in the morning but we close it UP at night.

We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4th of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP.

When it rains, it wets the earth and often messes things UP.

When it doesn't rain for awhile, things dry UP.

One could go on and on, but I'll wrap it UP, for now. My time is UP, so...time to shut UP!

—An anonymous e-mail.

Is it justice? By Kinzie Hull

Although this incident dates back to 1913, our government is still like it was back then. People are getting wrongly accused for crimes they didn't commit, only because they have bad reputations. This article was inspired by a young adult fictional novel called *The Perfect Shot*, by Elaine Marie Alphin.

Back in April of 1913 in Atlanta, Geor-

gia, a 13-year old girl named Mary Phagan stopped by the pencil factory to collect her pay on the morning of Confederate Memorial Day. Mary's body was found in the basement, by a night-watchman late that night. The two main suspects that the police investigated were the watchman and Leo Frank, Mary's boss. Since Leo Frank was known as a "Yankee" in the South, the police quickly focused their sole attention on Leo Frank, ignoring Frank's insistence that he was innocent.

When Leo Frank was put on trial for the murder of Mary Phagan, the prosecutor, Hugh Dorsey, used peer pressure to convince many of the girls who worked in the pencil factory where Frank worked to testify against their boss stating that he made improper advances on them. Dorsey had even claimed that Leo Frank raped Mary Phagan, even though physical evidence proved that she was still a virgin.

The prosecution's star witness was a black ex-convict named Jim Conley, who had run away from a chain gang and was working as an odd-jobs man at the pencil factory. Conley's clothes were bloody and his alibi was questionable for the day of Mary's murder. Dorsey used a combination of threat and payment to convince Conley to testify that Frank often took women into his office, and that Frank had told Conley he killed Mary and ordered him to dispose of Mary Phagan's body. The jury unanimously convicted Leo Frank for the murder of Mary Phagan and sentenced him to hang.

When the Georgia Supreme Court ruled that the conviction shouldn't be overturned even though the witnesses lied under oath, Mrs. Frank went to Governor John Slaton and appealed to commute her husband's sentence to life imprisonment instead of hanging. Governor Slaton was appalled at how the case was conducted, and he examined the witnesses and the evidence and commuted Mr. Franks sentencing to life imprisonment. Slaton's decision abruptly caused Atlanta to erupt into anti-Jewish riots; it also ended his promising political career.

Alonzo Mann was fourteen years old at the time of Mary Phagan's death and he worked at the Pencil factory as an office boy. Alonzo saw Conley carrying Mary's body down to the basement, but Conley threatened Alonzo, telling him to keep silent or he would kill him. Scared, Alonzo ran home and asked his mother what to do about the situation. His mother told him to say nothing, so he did. But in 1982, almost 70 years too late, to save Leo Frank or get real justice for Mary Phagan, Alonzo came forward with his testimony, stating that the real murderer was, in fact, Jim Conley.