

THE SMOKE SIGNAL

January 2024
Newton Local Schools
Vol. 5 Issue 5

RESOLUTIONS

By: Smoke Signal's Editorial Staff



Erika- This year I did not make any resolutions, it is not that I am against them I just did not make any this year. In the past I have made some, but it seems like they only last till May then they are gone. I feel as if once we are on summer break I do not have as much of a set schedule and routine, so they just fall through. I feel like resolutions can be very good and help a lot of people when they are followed through with. Yet, that is the thing, is following through with them. I also believe that it does not have to be a new year for you to make a change, you can make a change on a random Tuesday night. So if you did not make any changes for the new year, you can do it now!



Thomas- A New Year's Resolution can mean many different things for a lot of people. However, for me, a New Year's Resolution is a good idea in concept, but when actually played out, it doesn't have a very good effect. For example, there will be so many new people at the gym during early January, and that is a good thing, but then they give up on correcting themselves and throw out their Resolution. This lessens the effect of the resolution's intended impact.

Carson- I think a New Year's Resolution is a very good idea for anyone who is motivated to better themselves. Now, with that being said, you are only going to better yourself if you put the work in. A Resolution is the whole year, and it is completed when the next year comes around. So I think Resolutions are very important and valuable, but it's your decision to stick to that, and to really challenge yourself.



Quentin-As we leave 2023 behind us and walk into 2024 many people promise to do something good or stop a bad habit, this is called a New Year's resolution. For my New Year's resolutions I want to eat better, get rid of all the negative things in my life, and be more productive. I will accomplish these goals by staying true to myself and believing I can do it. Those are my new resolutions for 2024.

SWIM TEAM BREAKS SCHOOL RECORD!

Our entire swim team (all four of them) broke school records at their meet on January 13, 2024!

Quinten Reimer set three school records:

50 free 23.68,
200 Breast 2:25.91
100 free 54.47
100 back 1:02.43

Princeton Bess set one school record:

50 butterfly 28.75

Rysen Evans set three school records:

200 back 2:14.27
500 free 5:35.12
100 butterfly 1:03.61
50 back 29.20



The relay team (Quinten, Princeton, Rysen and Liam Woods) set the school records for the 200 Free Relay 1:48.08 and 200 medley relay 1:58.59

UPCOMING 2024 FLICKS

January: *The Beekeeper*, *Night Swim*, *Mean Girls*

February: *Argylle*, *Lisa Frankenstein*

March: *Dune: Part Two*, *Godzilla x Kong: The New Empire*,
Imaginary, *Ghostbusters: Frozen Empire*

April: *The First Omen*, *Challengers*

May: *The Fall Guy*, *The Garfield Movie*, *Kingdom of the Planet of the Apes*, *IF - Imaginary Friends*, *The Strangers: Chapter One*, *Furiosa: A Mad Max Saga*

June: *Inside Out 2*, *A Quiet Place: Day One*, *The Watchers*, *Bad Boys 4*, *It Ends With Us*

July: *Deadpool 3*, *Despicable Me 4*, *Twisters*

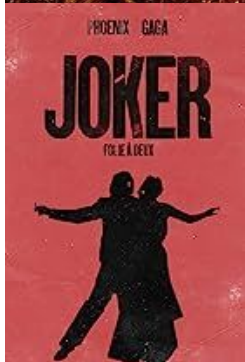
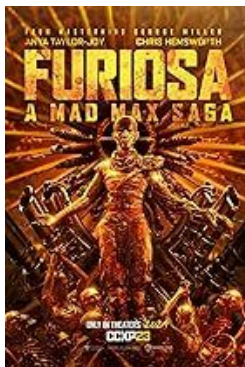
August: *Kraven the Hunter*, *Borderlands*, *Speak No Evil*, *Alien: Romulus*

September: *Beetlejuice 2*, *Transformers One*, *Saw XI*, *The Wild Robot*

October: *Joker: Folie à Deux*, *Smile 2*, *White Bird*, *Wolf Man*, *Terrifier 3*

November: *Venom 3*, *Gladiator 2*, *The Amatuer*, *The Incredibles 3*, *Wicked: Part One*

December: *Mufasa: The Lion King*, *The Lord of the Rings: The War of the Rohirrim*, *Sonic the Hedgehog 3*, *Karate Kid*, *Nosferatu*



SPORTS

MONTHLY ROUND UP

Boys Varsity Basketball: 8-4
Girls Varsity Basketball: 8-7



UPCOMING

Varsity Swim: Meet @ Troy YMCA on 1/26

Boys Varsity Basketball @ TCN on 1/26

Girls Varsity Basketball @ Lehman on 1/30



ATHLETES OF THE MONTH

By: Carson Tucker
Male: **Liam Woods**

Liam Woods is your January Male athlete of the month. Liam participates in Cross Country, Track, Swimming and Bowling here at our school. Liam takes pride in being a multi-sport athlete, and is excelling greatly in both of his sports! Be sure to go cheer on Liam and his team this winter! Congratulations Liam!



By: Carson Tucker
Female: **Brooke Hines**

Brooke Hines is your January Female athlete of the month. Brooke's athletic ability shines as she is hooping it up on the court with the Girls Varsity Squad, as well as cheering during our boys varsity games. Brooke has great court vision as she plays point guard, and she has many tricks to show off during cheer! Congratulations Brooke!



TEACHER OF THE MONTH

By Erika Shellabarger

What was your dream job as a child? Being a teacher, believe it or not.

Why did you pick Newton? It's the best. I got offered the job at Newton the day after I graduated college, so I was looking for any job but this turned out to be the best job and the best place.

What is it like to have two boys, a husband, and still be working?

Challenging but fulfilling. It's been pretty cool to have the first year for both of my kids to attend here. It has been chaotic but fun.

What is your biggest accomplishment? My family, as well as teaching teenagers for over a decade and still loving everyday.

What motivates you to do this job everyday? The students.

Why did you choose English? Initially I thought I would be an elementary teacher however I changed my mind because I grew a lot as a writer and a person from my high school English class so I was hoping to do the same for others.



FFA

By: Erika Shellabarger

January seems to be a quiet month around school. Mostly, because we are all awaiting the snow days. But our FFA chapter is beginning the busiest season of the year. From practices, to competitions, and even a strawberry sale in between. The ag students are getting into their busiest season of the year yet, besides Fall Fair. The General Livestock Judging Team started practices on the 9th at seven in the morning Tuesday through Thursdays till March, in hopes of being one of the top teams in the state. The ag sales team took their online exam. County evolutions were held on the 16th at Covington, Erika Shellabarger worked on an officer's book in hopes of a gold rating. Shelby Van Den Bosch and Erika Shellabarger both submitted applications for their State Degree. Their applications and the officer book will now move on for further evaluation. The strawberry and cheese sale has begun, be sure to find an FFA member for more information!

CLUNKER OF THE MONTH

By: Carson Tucker

Congratulations to our very own News Writing Teacher Miss Rhea on being named this month's Clunker of the Month! Miss Rhea drives a 2007 Saturn Ion that some of you may see parked by the fieldhouse. In 2024, she plans to upgrade to a newer car that is more reliable, and that will not have issues starting up! Congratulations Miss Rhea!



ARTIST OF THE MONTH

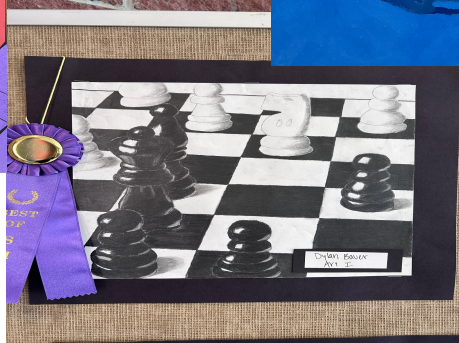
By: Quentin Webb

The Artist of the January is Dylan Bauer

1. When did you get into Art? - I have been drawing a lot since I was a kid but I first joined art class sophomore year.
2. What is your favorite medium? - Pencil sketches 100%.
3. What does your Art consist of? - Whatever Mrs. Cosby tells me to do.
4. What motivates you to paint so well? - I just try to be better than I was before, I always like to try and improve.
5. Do you plan on pursuing a career in art after graduation? - Maybe, I might try to get a job as an art teacher, but nothing is set in stone.

ART GALLERY

WORK BY: DYLAN DAUER



MUSICIAN OF THE MONTH

Name: Walker Sullivan

What instruments do you play? Most brass instruments, but mainly euphonium/baritone. I also play an assortment of string instruments like guitar, bass guitar, mandolin, and some others.

How long have you been doing music? I have been playing instruments for about 8 years.

What got you interested in music? I was convinced by my older brother to try out on the trumpet for 5th grade band. He was a euphonium player at the time, so it was not long before I switched over.

Who are your musical inspirations? I listen to a lot of blues guitarists like B.B King, Lee Hooker, Robert Johnson, Stevie Ray Vaughn, and Hendrix of course. Also musicians who fall under the rock/metal genres, Marty Friedman, Chris Poland, Mark Morton, and Dimebag Darrell

Do you plan on making a career out of music or is it more of a hobby?

I'm looking into making a career out of repairing stringed instruments, but playing in a band would most definitely be the dream. I want to have the best of both worlds and be a tech for a band, that way I can focus on fixing stuff while still getting the tour experience.



QUESTIONS OF THE MONTH - JANUARY

By: Thomas Speer

In the beginning of January of the new year, I sent out the annual Questions of the Month and gathered your guys' responses. The questions this time were about the start of New Year and goals the students of Newton want to achieve.

The first question asked what each student does during canceled school days or snow days, and the majority of people said sleeping, playing games, and overall relaxing.

The second question dealt on what goals students want to accomplish before the end of 2024, and here are two I thought were unique: "Don't break my controller (the right stick stopped working correctly)" from Walker Sullivan and "Going to Double As in swim, getting good grades for the whole year, and to be more relaxed" by Jackson Blair.

The third question asked what the most anticipated media was for the year, and the answers were very diverse. Some said upcoming Disney and Marvel movies, some said sports video games. However one of the most anticipated movies for the year was *Mean Girls*, which released on January 12.

The fourth question asked students what football team they thought would make it to the Superbowl. It was close between the 49ers and Chiefs.

The fifth question asked people if they thought that the second semester of school was better than the first semester, and the majority of people said yes, it was better.

The sixth and final question asked what quarter of school was the students' favorite, and almost everyone voted for quarter four.



SNOW DAY!

By: Thomas Speer

A snowday is a perfect day to relax and kick up your legs to catch up on that show you're bingeing. My version of a fantastic snowday is this: Sleep in till I can't sleep anymore, then bake some cinnamon rolls for breakfast. I then work out, play some video games, watch a movie, do something entertaining to pass the time. Sometimes, if there's a lot of snow, I will go sledding with friends and family on a steep hill and try to catch some air-time. If you want these snowdays to keep coming, do your part! There are some fun and goofy superstitions people do to wish for snow days, such as flushing ice down the toilet, putting a spoon under your pillow, turning your pajamas inside out, eating ice cream, and running around a table five times. There are a lot more ways to wish for a canceled school day, so make sure to use some of these superstitions to your heart's content.

NEW YEAR HEALTH PLAN

By: Quentin Webb

As many of you know with the new year of 2024, many people want a healthier lifestyle and want to start to get in shape. I am here to help you get your 2024 started right. Below is a beginner guide to a healthier lifestyle and a better physique.

First you have to understand what you are doing and why you are doing it. To get in shape you need three things: a good diet, a work out plan, and a good recovery plan.

Diet: A good diet is the most important thing when it comes to weight loss or gaining muscle. To acquire a good diet you need to stop going out to eat and switch to at home cooking so you know what you are consuming. Second, pop is bad for your body, cut it out. Obviously you cannot just cut it out, but lowering your intake slowly and taking it day by day will help you in the long run. Another food that kills your body is sweets. There is just too much sugar and unnecessary calories in sweets, one of the biggest kills in people's diets is candy/chocolate.

Now that you know some of the things to stay away from we need to discuss what you should consume. A good diet consists of a good source of protein to stabilize your muscle. This would include chicken, fish, lean beef, egg whites, venison, and beans. This helps build your muscle, because when you lift you are tearing micro fibers in your muscle and the protein helps build it back making it bigger and stronger. Second, you need healthy fats, these are unsaturated fats, good fats include seeds, fish, nuts, and olive oil. Your body needs fats to absorb vitamins and is an energy source. Finally, you need carbohydrates, carbs are the main fuel source your body needs to create energy. Good carbs include oats, some fruit, rice, and sweet potatoes. Now, you know what to eat, but you might be thinking, "How do you know how much of it to eat?" When you go to the grocery store, on every thing you buy there has a nutrition label. A nutrition label shows you what all you are getting in the product that you are buying. It shows you the calories, fats, carbs, sugars, and proteins. The main thing you want to look at is the calories. Calories are energy, but too many calories are a bad thing. Also, too little calories is bad as well, so to find out exactly how many calories you need to consume, you need to look up a calorie calculator online. Fill out the information on the website and it should give you a list of how many calories you need to gain weight, stay the same weight, and lose weight. Based on your goals for 2024 you decide what amount best fits you and your goals.

Workout; Now that I have shown you how to acquire a good diet, next comes the workout aspect. There are many different forms of working out, but I am going to show you how to lift weights and do cardio. Lifting weights is something that I fell in love with at a young age. It is not only good for the physical aspect, but also the mental aspect. It can lower stress, help with depression, and lower anxiety. Lifting weights is the best way to build muscle and get you the physique that you want, it just takes time and discipline. Below is a workout split you can use to help you in the gym.

Next on the list is **cardio**. Cardio is the act of burning calories. Typical examples of cardio include running, swimming, rowing, biking, pretty much anything you do that increases your heart rate and makes you sweat. The reason you want to burn calories is to get your calorie count down. If you eat below the amount of calories your body needs to maintain weight then the body starts to use the excess fat that your body has stored. Thus after a period of time you will start to see fat loss.

Recovery: Lastly, you need to let your body recover. Train hard, but make sure your body has time to recover. Some examples of recovery include ice baths, to bring down the inflammation in your body and help circulate your blood better. Another example is foam rolling. Foam rolling helps promote blood flow and can make you more flexible. Finally, stretching, this helps make you more mobile. feel better. and helns with aches and nains.

Monday (Chest and Tri)	Tuesday (back and Bi)	Wednesday (Legs)	Thursday (Chest and shoulders)	Friday (Back and Bi)	Saturday (legs and abs)
<p>Chest: - Db incline Bench press - 2x12 2x8 2x4 cable flies - 4x8 Smith machine incline bench - 4x8 (heavy) Push ups - 3x failure</p>	<p>Back: - Single arm DB row - 2x12 2x10 2x8 3x6 - DB pullovers- 4x8 (heavy) - Single arm cable row - 4x12 (heavy) - close grip pull up - 3 x Failure</p>	<p>Quads: Back Squats - 2x12 2x8 2x6 2x4 2x2 quad extensions - 3x20 Elevated Front goblet squat - 3x10 (heavy) Lunges - 3x12 each leg Bulgarian split squats - 4x10-12</p>	<p>Chest: Decline bench smith machine - 4x12 Flat bench press - 2x10 2x8 2x6 2x4 High to low cable fly - 4x failure Military push ups - 3x failure</p>	<p>Back: T-bar rows - 3x6-8 Face pulls - 4x10 Reverse grip lat pulldown - 4x8 Lat pull over - 3x12</p>	<p>Deadlift - 2x12 2x8 2x4 2x2 Hamstring curls - 4x25 Glute n ham raise - 3x12 Towel ham curl - 3x25</p>
<p>Tri: Rope pull down - 4x12 Skull crushers 4x8 Overhead tricep extension - 4x10 Dips - 3x failure</p>	<p>Bi: Preacher curl - 4x10 Incline curl - 5x8 (heavier) Face away single arm cable curl - 4x10 Alternating to unison curls - x3 (lightweight, Finisher)</p>	<p>Calf: weighted calf raises - 3x failure Walking on an inclined treadmill</p>	<p>Shoulders: Dumbbell overhead press - 2x10 2x6 2x4 Lateral raises - 4x8 Front plate raise - 3x12 Barbell press 4x10</p>	<p>Hammer curls - 4x10 Single dumbbell curl - 4x8 Cable machine rope curls - 4x10 Chin ups - till failure</p>	<p>Weighted crunches - 4-25 Hanging leg raise - 4x12 Decline weighted sit up - 4x12</p>

PHOTO JOURNAL

Spanish Class Caroling

Principal's List and Honor Roll Donuts



SAYING GOOD-BYE TO 2023

Ins and Outs (according to the Smoke Signal Staff who are by no means qualified in any category to tell you what is trendy or not)

Ins:

Turning in work on time
Reading the Smoke Signal
Going to the Movie Theatre
Saying Yes to Fun Things
New Balances
Hydration
February 29th

Outs:

Panda Dunks
Obsessive Social Media
Zach Bryan
Malls
Kendra Scott
Air Force 1
Snapchat
Bows

Highest Grossing Movies of 2023

- 1- *Barbie*
- 2- *The Super Mario Bros. Movie*
- 3- *Oppenheimer*
- 4- *Guardians of the Galaxy Volume Three*
- 5- *Fast X*
- 6- *Spider-Man: Across the Spider-Verse*
- 7- *The Little Mermaid (2023)*
- 8- *Mission Impossible - Dead Reckoning Part One*
- 9- *Elemental*
- 10- *Ant-Man and the Wasp: Quantumania*

Top 10 Songs of 2023 According to Billboard Music

- 1- "Last Night" by Morgan Wallen
- 2- "Flowers" by Miley Cyrus
- 3- "Kill Bill" by SZA
- 4- "Anti-Hero" by Taylor Swift
- 5- "Creepin'" by Metro Boomin, The Weeknd, and 21 Savage
- 6- "Calm Down" by Rema and Selena Gomez
- 7- "Die For You" by The Weeknd and Ariana Grande
- 8- "Fast Car" by Luke Combs
- 9- "Snooze" by SZA
- 10- "I'm Good (Blue)" by David Guetta and Bebe Rexa

2023 Pop Culture Moments

- 1- "Eras Tour"
- 2- "One Night at a Time Tour"
- 3- Writers Guild Strike
- 4- SAG-AFTRA Strike
- 5- Netflix's Household Plan
- 6- Twitter changes to X
- 7- "Kelce Bowl"
- 8- King Charles III Coronated
- 9- Damar Hamlin Cardiac Arrest on the Field
- 10- Barbenheimer
- 11- Gypsy Rose Blanchard is Released
- 12- "Renaissance Tour"

INTERACTIVE PAGE

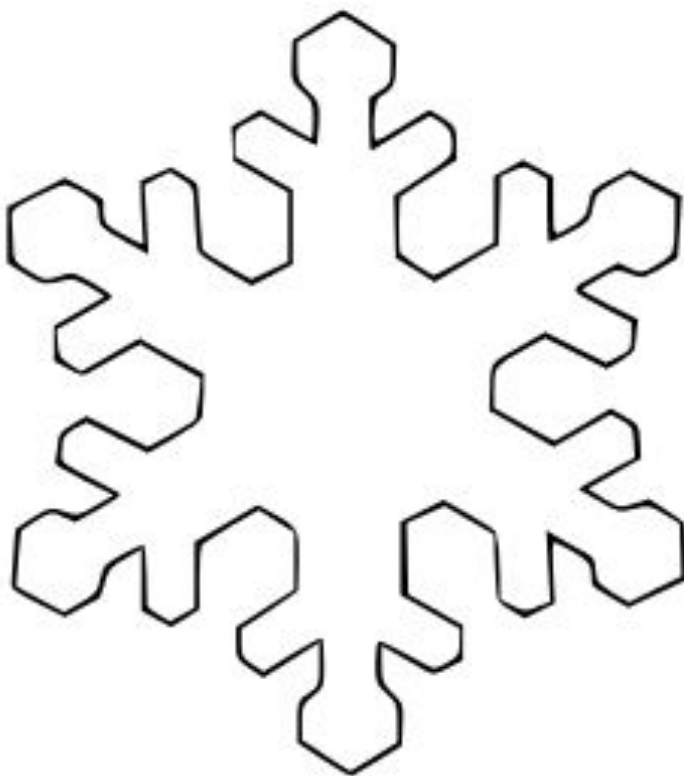
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 S N F S M U K R B N Z H S H D L O C V S
 P S V X T V B K L K U A J P O H A F M E
 O C U A D O O G Z A T R P E O T L T B M

Word Bank

- Basketball
- Cold
- Dance
- Ice Skating
- January
- New Year
- Resolution
- Snow
- Snow Day
- Winter

HAPPY BIRTHDAY!

- | | |
|--------------------|-----------------|
| Kate Stull | Tyler Miller |
| Nolan Meurer | Regan Miller |
| Holly Morse | Adisynne Weigel |
| Isabella Hall | Justin Hale |
| Nicholas Staub | Dawson Trost |
| Jackson Blair | Dylan Trost |
| Zayden Sanders | Max Silk |
| Dakota Craig | Carson Tucker |
| Alexis West | |
| Noah Resides | |
| Adia Leal | |
| Hannah Williams | |
| Tanner Long | |
| Breanna Ingle | |
| Isaac Beidelman | |
| Charli Smith | |
| Daniel Lucente | |
| Brenna Locker | |
| Peyton Schutz | |
| Travis Stanhope | |
| Gwendolyn Holbrook | |



SECOND QUARTER

ACADEMIC HONORS

Honor Roll:

UVCC 11th Grade:

Noah Bayer
 Jaden Deaton
 Jennica Holly
 Makenna Kesling
 Max Newhouse
 Koreu Nolan
 Bekah Shough
 Callie Smith
 Lillian Szakal
 Bronson Van Culin
 Layla Van Culin
 Alexis West

UVCC 12th Grade:

Brandon Laughman
 Daniel Lucente
 Jadaan Miller
 Payton Nicholas
 Daphka Peters
 Ryan Woods

7th Grade:

Coltyn Adams
 Mollie Adams
 Izabel Ballard
 Vivien Bowser
 Trenton Butts
 Havyn Coning
 Porsha Craig
 Brayden Doty
 Caroline Forsythe
 Tylea Jackson
 Gracie Jones
 Louelle Leitte
 Gabriel Miller
 Karlee Schwartz
 Shayleigh Shoup
 Max Silk
 Dahlia Stone

8th Grade:

Meghan Addison
 Adrian Benedict
 Isabella Bunting
 Khloe Carver
 Tucker Fisher
 Garrison Hughes
 Allison Kramer
 Elijah Leingang
 Ava Meyer
 Robert Peele
 Jersey Robinson
 Micah Sagers

Elise Stucki

Anna Wall
 Anthony Weber

9th Grade:

Parker Coning
 Cody Craig
 Emily Laughman
 Andrew Long
 Kellany Merritt
 Regan Miller
 Tyler Miller
 Kaelyn Petry
 Trenton Robinson
 Peyton Schutz
 Travis Stanhope
 James Stucki
 Meg Yoder

10th Grade:

Will Bowser
 Emily Flora
 Evanston Hemphill
 Gwendolyn Holbrook
 Owen Miller
 Isaih Nance
 Kinzie Peters
 Estie Rapp
 Candace Shellenberger
 Nicholas Staub
 Annelise Taylor
 Ava Velkoff
 Matthew Waller

11th Grade:

Dylan Bauer
 Seth Coker
 Felicity Harbour
 Sienna Montgomery
 Caitlyn Pleiman
 Erika Shellabarger
 Hayden Wilhelmy
 Hannah Williams

12th Grade:

Dustin Butts
 Grace Davis
 Daniel Fisher
 Thomas Speer
 Kate Stull
 Bryce Toney
 Carson Tucker
 Sarah Willoughby

Principal's List:

UVCC 11th Grade:

Cori Haines
 Missy Nance

UVCC 12th Grade:

Brady Downing
 Luke Gilbert
 Zoe Kesling
 Breanna McClish
 Terri Oeele
 Quinten Reimer

7th Grade:

Austin Barhorst
 Mayson Cosby
 Oliver Crow
 Brooks Flory
 Isabella Fullenkamp
 Bentley Hess
 Ava Hughes
 Nolan Knupp
 Zoey Robinson
 Mckenzie Sheridan
 Chase Wackler

8th Grade:

Ella Bayer
 Jackson Blair
 Eleanor Bradshaw
 Parker Christman
 Brynnasen Fiely

Michaela Flora
 Ayden Kane
 Madilynn Karns
 Stephaine Knepper
 Brenna Locker
 Tanner Long
 Nolan Meurer
 Emmaline Rapp
 Jack Van Den Bosch
 Lindsey Willoughby

9th Grade:

Chloe Adams
 Cole Alexander
 Wren Bauer
 Mya Denlinger
 Ally Moore
 Alec Schauer
 Claire Stull
 Amelia Szakal

10th Grade:

Ellie Bauer
 Zurich Bess
 Arianna Church
 Rachel Fisher
 Rylee Hess
 Audrey Miller
 Austin Tippie

11th Grade:

Isaac Beidelman
 Emerson Leingang
 Ava Rapp
 Grace Stanhope
 Shelby Van Den Bosch

12th Grade:

Noah Brush
 Nolyn Denlinger
 Nathan Harju
 Reese Hess
 Brooklyne Hines
 Quinn Peters
 Olivia Rapp
 Ty Schauer
 Chloe Shellenberger
 Kylie Velkoff
 Madlyn Walters