



# Monthly Mustang

*Galilea Evans**Hai Jermaine, Caron Banks, Allison Ly, Serena Parikh, and Abby Ginzel**Emilia Frew and Felix Straub**Alexa Chan, Luca La Neve and Darcy Sabloff**Cole Moorehead, Charlie Wilson, Zachary Barnett, Mary Kate Bradshaw, Anna Senseman, Caroline Thompson, Grace Roysten, Elena Lopez and Mr. Taylor Roysten.**Cade Mansour, Vishwa Anandu, Jonathan Reed, and Roxwell Grandoit*

## THE SOUPER BOWL OF CARING BY GRACE BADENHORST

The Souper Bowl of Caring was started by a youth pastor's prayer. He said, "Lord, even as we enjoy the Super Bowl Football game, help us be mindful of those who are without a bowl of soup to eat." The prayer led to an idea from his youth group. If they asked people to give one dollar for a food item that Sunday, they could make a huge impact. Other groups started joining in on this idea, and eventually is spread to all 50 states. NFL teams and even some presidents have been inspired to donate more to this cause.

The Souper Bowl of Caring has been around for 13 years now! There is a real need for food in our community. All of us can make a difference in people's lives by taking part with our school in making donations.

In the past, West University Elementary has collected the most food in Texas and, in some years, the most food out of the entire nation! This year's Souper Bowl Champs were Ms. Durham's Class for donating the most food by weight and Mrs. Musgrove's Class for donating the most protein.

**HOLA MRS. OLALOKO** BY ZOE VALEGA AND ETHAN SIMS

Q: What was your first field day class name?

A: *Spurgeon's Superstars.*

Q: How long have you been working for West U?

A: *This is my 11<sup>th</sup> year of teaching at West U. I started in 2008.*

Q: Which grade did you teach?

A: *1<sup>st</sup> grade.*

Q: How long were you an Ancillary teacher?

A: *3 years.*

Q: Why aren't you a computer lab teacher anymore?

A: *The school needed me to help with some other items.*

Q: Did you ever teach at other schools?

A: *No, I've only ever worked at West U.*

Q: Will you ever be an Ancillary teacher again?

A: *You never know!*

Q: Where did you attend college?

A: *Texas A&M, Go Aggies!*

**Q AND A WITH MRS. MILLER** BY DEVIKA KURUP AND AMELIA KUSINSKI

Q: Why did you want to become a teacher?

A: *I wanted to work with kids and make a difference in their lives.*

Q: What elementary school did you go to?

A: *Lampeter Elementary in Lancaster, Pennsylvania.*

Q: What is your favorite color?

A: *Green.*

Q: When did you start teaching?

A: *In 1985.*

Q: What is your favorite subject?

A: *Reading.*

Q: What do you like most about teaching?

A: *I get to work with kids and make a difference in their lives.*

Q: What is your favorite food?

A: *Thai food.*

Q: Where did you grow up?

A: *Lancaster, Pennsylvania.*

Q: What is your favorite animal?

A: *Dogs.*

Q: What college did you go to?

A: *Millersville University.*

**GETTO KNOW MRS. WOOD** BY YUTIA LI

Q: How long have you been teaching?

A: *This is my 9<sup>th</sup> year at West U and my 17<sup>th</sup> year in all.*

Q: What college did you attend?

A: *I attended Baylor University.*

Q: What was your job before you became a teacher?

A: *This is my only job.*

Q: What is your favorite part about being a teacher?

A: *Teaching at the school where I was a student. I went to West U!*

Q: What are your most exciting moments as a teacher?

A: *When kids get excited about learning.*

Q: Who inspired you to become a teacher?

A: *My 4<sup>th</sup> grade teacher, Mrs. Beckham.*

Q: What rule is most important in your classroom?

A: *To treat people the way you want to be treated.*

Q: When do you plan to start raising chickens?

A: *We always do it the Wednesday after spring break.*

Q: What are some other animals you have raised besides chickens?

A: *I have raised only chickens.*

Q: If you could improve our school in any way, how would you improve it?

A: *I love West U just the way it is.*

**GETTO KNOW MRS. PINCHBACK** BY KENENNA AND TOBENNA NDEFO

Q: What college did you go to?

A: *Texas A & M University for my Undergraduate and University of Houston for my Master's degree.*

Q: What's your favorite book?

A: *Wonder By R.J. Palassio.*

Q: What's your favorite subject?

A: *Math and Science.*

Q: Where did you grow up?

A: *Arlington, Texas.*

Q: What are your hobbies?

A: *Tae Kwon Do and crafting.*

Q: Who inspires you?

A: *People who have to work extra hard to achieve their goals.*

Q: What is your biggest pet peeve?

A: *Dishonesty.*

Q: Why did you become the assistant principal?

A: *I want to impact all the kids in a school instead of just one class.*

Q: Why did you decide to teach literacy lab this year?

A: *Mrs. Romero moved away. Mrs. Sheets took over her class which left an opportunity in Literacy Lab. All the administrators decided to chip in.*

Q: What is your goal for literacy lab this year?

A: *My goal is to teach students how to create documents on a computer.*

Q: Have you ever had another job besides being a vice principal?

A: *When I was in high school and college I worked in food service including Chuck-E-Cheese.*

Q: What is your dream job?

A: *This is it!*

Q: Is there anything else you want the students of WUES to know about you?

A: *I am interested in your success. I love when students invite me to their classroom to show me what they're working on.*





## MS. LANGSTON'S MARATHON

BYLAUREN CHEN, MEGAN BERRY, AND MACY VANDERBLOEMEN

Q: Where was your marathon?

A: *My marathon began in Detroit, Michigan and continued up into Canada, then it came back into Detroit for the big finish!*

Q: How did you train for your marathon?

A: *I ran many miles every week in preparation for the marathon! The furthest I ran before the race was 22 miles straight.*

Q: How long was the marathon?

A: *All marathons are 26.2 miles.*

Q: How many people were in the marathon?

A: *Thousands!*

Q: Have you ran a marathon before?

A: *This was my first one!*

Q: How old were you when you first started running?

A: *I started running in my school "Fun Runs" in third grade, so I was the same age as you girls!*

Q: When is your next marathon?

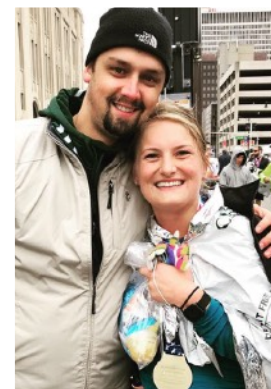
A: *I plan on doing another marathon the first half of this year!*

Q: Did you enjoy running the marathon?

A: *I felt well prepared, but I was definitely in a lot of pain by the end of the race!! It was a huge accomplishment for me, so I was very excited to cross the finish line.*

Q: What kind of clothes did you wear for the marathon?

A: *It was 34 degrees that day, so I was very cold! I wore long sleeves and shorts, because running helps to warm up your body. I probably could have used more layers!*



Ms. Langston with her fiancé Alex Grimmer, after the marathon.

## GETTING TO KNOW MRS. SALEEM BY JOSHUA SEGRAVES



Q: How many years have you been teaching?

A: *I have been teaching for 10 years.*

Q: Have you taught any other grades other than kindergarten?

A: *Yes, I taught 1<sup>st</sup> grade.*

Q: Have you taught at any other schools?

A: *Yes, I taught at Lakeshore Elementary for one year.*

Q: If you could go anywhere in the world where would it be?

A: *India.*

Q: If you were not a teacher what would you be?

A: *I would be a pediatrician.*

Q: What is your favorite animal?

A: *A dog.*

Q: What is your favorite book?

A: *The Mercy Watson Series.*

Q: What do you like to do in your free time?

A: *I like to go to sporting events.*

Q: What is your favorite part about being a teacher?

A: *I like to teach kids reading.*

Q: What is the best part about the school day and why?

A: *The morning time because that is when most of the learning takes place.*

## ROSES ARE RED, VIOLETS ARE BLUE, I CAN MAKE COOKIES, SO CAN YOU!

BY AMELIA NUCKLES AND RAOUEL ECHEVARRIA

This recipe for heart shaped sugar cookies is the perfect treat for Valentine's Day. They are super simple to make and fun for the whole family. Get out your mixer and ingredients and BAKE! (we used sugar cookie recipe from Sugarspunrun.com)

### Ingredients

1 cup unsalted butter softened to room temperature (226g)  
1 cup sugar (200g)  
1 1/2 teaspoons vanilla extract\*\*  
1 large egg  
2 1/2 cups all-purpose flour (315g)  
3/4 teaspoon baking powder  
3/4 teaspoon salt

### Frosting

3 cups powdered sugar, sifted (375g)  
3-4 Tablespoons milk  
2 Tablespoons light corn syrup  
1/2 teaspoon vanilla extract  
Gel food coloring optional  
Additional candies and sprinkles for decorating optional

### Instructions:

#### Sugar Cookies

Combine butter and sugar in the bowl of a stand mixer (or in a large bowl and use an electric hand mixer) and beat until creamy and well-combined. (cont'd on page 7)



## HOW TO BE A FAST RUNNER BY DD ECHEVARRIA

Who doesn't want to run faster? Here are some tips to improve your running this track season. First, train at distances longer than your race. It improves your endurance. Go longer slowly so that you don't get injured. Second, take time to recover after long runs or intervals. Recover by eating nutritious food, sleeping well, and resting your body.

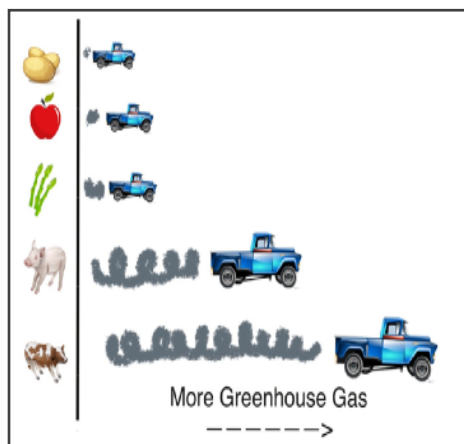
When you're sprinting, lean forward and run on your toes. Pump your arms back and forth instead of side to side. While running, take small but fast steps. On long runs, pace at the beginning and sprint at the end. This is called a negative split. After the race, stretch well and celebrate with your friends!



*DD running during a soccer game.*

## DOES EATING LESS MEAT HELP THE ENVIRONMENT?

BY KAVAN PANDYA



*Relative greenhouse gases from producing these foods.*

We all know that global warming is heating up our planet and rising our seas. Some people are trying to stop global warming. Driving electric cars, using LED lights and using solar power reduce greenhouse gasses which can reduce global warming, but is there something more we can do? Believe or not, eating less meat can make the most impact on helping the environment. Eating less meat causes less use of water and agriculture and also helps reduce greenhouses gases. Animal agriculture is responsible for 18% of all greenhouse gas emissions, more than all the transportation

industry combined. To produce one pound of meat you need 2,400 gallons of water. To produce one pound of wheat you need only one gallon of water. The 82 pounds of manure from cows causes greenhouse gases to increase. Cow manure is 25-100 times more destructive than carbon dioxide. 2-5 acres of land are used per cow. Animal agriculture covers 45% of the earth's land. It is the leading cause of species extinction, ocean dead zones, water pollution and habitat destruction. So now you know that when you eat less meat you are helping the environment.

## DIY: MAKE YOUR OWN VALENTINE CARD BY LIBBY AGARWAL



Everyone loves a special homemade Valentine's card. Cupid whispered in my ear to check out [www.pbs.org/parents/crafts-for-kids](http://www.pbs.org/parents/crafts-for-kids) for this adorable pop-up Valentine's card.

For this craft, you will need two sheets of construction paper in different colors, a glue stick, scissors, a pencil, a

marker, and optional heart stencils and textured foam.

Let's get started!

1. Fold the lighter colored paper sheet in half, hamburger-style. This will be the inside of the card.
2. Along the fold, with a pencil draw half of a small heart. (this is where a heart stencil may help)

3. Along the fold, with a pencil draw half of a larger heart around the smaller heart.
4. Cut out both hearts along the pencil lines, leaving approximately one inch at the "humps" of the hearts uncut.
5. Unfold the paper, and using the glue stick, apply glue to the back side of your heart cut out page avoiding the center hearts.
6. Apply to the outside cover page.
7. Adjust the hearts so they will pop-up nicely. Fold the entire card, hamburger style.
8. In marker, write your special message or poem around the sides.
9. If you like, add a textured foam or a different colored heart to the front of the card using the glue stick.

*The author does not take any responsibility for heartbreak if given to the wrong person this year :).*

## LITTLE MATT'S BY JACKSON WOODS



Little Matt's is a neat neighborhood restaurant with an interesting background. It is a great place for kids and adults to dine. You could

come to get a meal or just a snack after school. The restaurant has a large variety of options to choose from. They range from burgers to a Thai noodle wrap. There are also several options on the kids menu, such as chicken strips and

macaroni and cheese. After a meal, you can grab ice cream, an ICEE, or one of the many selections of candy. *"I love the arcade, and all the food."*

-Andrew Kaplan

*"I love the juicy burgers and ICEEs."*

-Roxwell Grandoit

There are many things to do at the restaurant. In addition to the arcade, there is a wall of iPads and a photo booth. There is also a back patio to run around on.

*"I love the large area to hang out with my friends."* - Adna Halilagic

The outside tables are a good place to enjoy a meal on a nice day. The

restaurant is also dog friendly. A water station and treats are located outside the front door.

Little Matt's was opened on November 2009. Owner Jim Reid created the restaurant as a place to bring families together and allow him to support charities to help people in need and those dealing with childhood cancer. *"An idea that came alive from a difficult time of my own, as my son was fighting cancer for the second time,"* shared Mr. Reid. Because of the restaurant, he has been able to donate to many organizations over the years.

Little Matt's is a place where you can not only get a good meal, but also support a good cause.

## SAVE THE MACAW! BY SEETHA VENKATACHALAM & ANIKA KRISHNAN

Many species are endangered; the macaw is one of them. The macaw is a large bird belonging to the parrot family (Psittacidae) that has a brilliant plumage, a long colorful tail, and a strong beak. It is native to Mexico, Central America, the Caribbean, and tropical South America. On a trip to Costa Rica, I learned that it is home to scarlet and green macaws. In the 1900s there were 400,000 scarlet macaws. Now there are only 35,000 left in the wild. The green macaws numbers are even less, about 3,500 remain now. There are not



many green macaws left because of deforestation. In addition, farmers often believed they were pests and tried to kill them, or people

trapped them and sold them as pets. Now it is illegal to kill or sell macaws of any kind.

Two bird lovers started the Ara Project in Punta Islita on the Pacific coast of Costa Rica to revive the population of macaws. They have rescued many injured macaws from the wild and domesticated macaws from pet owner and pet sellers. These macaws are rehabilitated and bred in captivity before being released into the wild again. The program is slowly but surely helping save the endangered macaw. Visit [www.thearaproject.org](http://www.thearaproject.org) to learn about the wonderful work they do to help save the macaws!

## WHERE IS MRS. ROMERO? BY MATEO AND LORENZO VASQUEZ

Have you noticed Mrs. Romero is not around anymore? Have you wondered where Mrs. Romero is? Well, she moved to Louisiana. Mrs. Romero left January 11, 2019. Have you wondered who is teaching Mrs. Romero second grade class? Wonder no more! Mrs. Sheets who used to teach Literacy Lab (for 3rd grade only) has now backfilled for Mrs. Romero. Are you now wondering who is going to take over the Literacy Lab for the remainder of 2019? The answer is simple. Some of the administrative staff will take turns and teach that ancillary.

This is a big change for 3rd graders. They will have to get used to having multiple teachers teaching Literacy Lab instead of one person. Change is always fun and exciting!

We get to learn Science with Mrs. Rawlinson, Mr. Threet teaches Writing, Mrs. Pinchback teaches Typing, Mr. LaGrone teaches Public Speaking and Writing and Mrs.

Olaloko teaches Technology. It has been fun getting to know the administration staff as teachers. They all have different teaching styles. For example Mrs. Rawlinson, is very good at explaining. She came up with a drawing that helped us understand the topic. On the other hand, Mr. Threet is amazing at teaching because he is a captivating storyteller. Who doesn't like a good story? He told us about his childhood and that really made us understand the point he wanted to make. Some people don't like change, but 3rd graders do. That's why we are looking forward to meeting all the new faces.





## FANTASTIC BEASTS AND WHERE TO FIND THEM: THE CRIMES OF GRINDELWALD

MOVIE REVIEW BY SAM FAULK



If you've read the books or seen the movies for the Harry Potter series or *Fantastic Beasts and Where to Find Them*, you might know about an evil wizard named Grindelwald. The *Crimes of Grindelwald* is an exciting tale about him and Newt Scamander.

In the first movie, Grindelwald caused havoc all over New York. In this movie, he makes even more mayhem

and no one can stop him. This movie has many appearances Harry Potter fans will recognize, including a young Albus Dumbledore. Another one is of my favorite creatures, the Niffler, from the first *Fantastic Beasts*, reappears in this movie looking for shiny things. Personally, I loved the movie, and I think you might, too. But it's not just a movie. It's also a script that you can read like a book. Either way it has a great storyline.

I thought this movie was great. I rate it 5 out of 5 stars. J.K. Rowling made a great page turner in this story!

## SPIDER-MAN INTO THE SPIDER-VERSE REVIEWED BY RAFAEL JOAQUIN ARROYO-CRUZ

Are you tired of the classic superhero movie with a villain and a strong confident hero who always wins? Well, *Spider-Man Into the Spider-Verse* is just the movie for you. Instead of being about a hero who is strong and brave, it's about a kid who puts being a regular person first before saving the world.

Crime boss Richard Fisk "Kingpin" decides to bring back his family using an incredibly dangerous dimension collider. After the death of the original Spider-Man, a new Spider-Man, Miles Morales must step up to defeat the powerful Kingpin. Fortunately, Miles gets the help of the spider men and women who come through the collider.

He must power through with the fact that everything in his life is about to change. *Spider-Man into the Spider-Verse* stars: Shameik Moore as Miles Morales, the main character, Jake Johnson as Peter B. Parker Miles's sloppy mentor, Hailee Steinfeld as Gwen Stacy a distant, female version of Spider-Man who doesn't want to be anyone's friend, John Mulaney as Spider-Ham a cartoony, hilarious version of spider-man, Kimiko Glenn as Peni Parker the middle schooler who operates the robot *SP//dr*, Liev Schreiber as Wilson Fisk the villain of the movie and Nicolas Cage (yes the NICOLAS

CAGE), as the tough 1940's crime fighter Spider-Man noir.

This movie is a game changer in animated movies. Computer generated and hand-drawn, it looks just like a comic. The visuals will blow your mind! The colors encompass every combination in the world. With its eye popping visuals and amazing story this movie definitely deserves all the awards its earned.



## MARY POPPINS RETURNS MOVIE REVIEW REVIEWED BY EVELYN PARK

Do you like musicals or family movies full of magic? If you do, you should watch this movie *Mary Poppins Returns*.

The Banks family, Michael (father), Jane (aunt), and 3 kids (Annabel, John, and Georgie), found out that they have overdue loan payment to the bank. They were also surprised that the bank will repossess their house if they don't pay off by Friday. The only way they can pay was with the certificate of bank shares Michael and Jane's father left somewhere in the house. Then the search began.

Mary Poppins, the former nanny of Michael and Jane, magically appeared from the sky flying with a kite to help the Banks.

The kids thought she was strange at first, but they liked her after the "ocean" bath. Mary Poppins is a caring, loving, mysterious, helpful main character and also my favorite. Mary Poppins, kids, and Jack, the lamplighter, went through some adventures together while trying to help their father pay the loan.

My favorite scene is when Mary Poppins, kids, and Jack get in the Chinese bowl. The detailed sounds of the glass made as if you were in the bowl. When they were roaming around, they met animated characters such as a wolf, horse, badger, and dog. It turned out that the wolf and badger, who connects to a real-life character later,

were very mean, and stole Georgie's stuffed giraffe.

I rate this movie 4.5 out of 5 stars because

I liked the Banks family adventure with Mary Poppins and the musical songs made the movie lively. Next time you visit the movie theater, I recommend seeing *Mary Poppins Returns*!



## HISTORY OF VALENTINE'S DAY BY MADELEINE TEJTEL

Valentine's Day, also known as Saint Valentine's Day or the Feast of Saint Valentine is a holiday that shows love and gratitude. It honors one or two early saints named Valentinus..

Valentine's Day started more than 1000 years ago in 170 A.D. It goes back to ancient Roman times. It is believed that the customs come from an ancient Roman

festival called Lupercalia which took place every February 15. The festival honored Juno, the Roman goddess of women and marriage and Pan, the god of nature.

In 18<sup>th</sup> century England, Valentine's Day became an occasion where lovers expressed their love by sending flowers and greeting cards.

In Norfolk, UK a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although he was leaving treats, many children were scared of this mystical person.

Today Valentine's Day is celebrated by people sending others flowers, and boxes of chocolate. Happy Valentine's Day!

### VALENTINE'S COOKIES CONTINUED FROM PAGE 3

- Add egg and vanilla extract and beat until completely combined.
- In a separate, medium-sized bowl, whisk together flour, baking powder, and salt.
- Gradually add dry ingredients into wet until completely combined.
- Lay out a large piece of plastic wrap and transfer approximately half of the dough onto the wrap (dough will be quite sticky at this point, that's OK!).
- Cover with clear wrap and mold into a disk. Repeat with remaining cookie dough in another piece of cling wrap. Transfer dough to refrigerator and chill for at least 2-3 hours.
- Once dough has chilled, preheat oven to 350°F and line a baking sheet with parchment paper. Set aside.
- Generously dust a clean surface with flour and deposit one chilled cookie dough disk

onto the surface. Lightly flour the dough and roll out to 1/8" for thinner, crispier cookies or 1/4" for thicker, softer cookies. Continue to add flour as needed both on top of and beneath the dough so that it doesn't stick.

- Use cookie cutters to cut out shapes and use a spatula to transfer shapes to prepared baking sheet.<sup>4</sup>
- Bake on 350°F (175°C) for 9-10 minutes, or until edges *just* begin to turn lightly golden brown.
- Allow cookies to cool completely on cookie sheet before moving and frosting.

### Sugar Cookie Frosting

Combine sugar, 2 Tablespoons of milk, corn syrup, and vanilla extract in a medium-sized bowl and stir until combined. If frosting is too thick, add more milk, a teaspoon at a time, until the frosting is thick but pipeable.

If you accidentally add too much milk, add powdered sugar until desired texture is reached.

If coloring the frosting, divide into bowls and color as desired at this point.

Transfer frosting to a piping bag with a piping tip (I used Wilton 5), or place in a Ziploc bag and snip a small piece of the corner off (not as neat, but this will still work, just take care that the frosting isn't so thick that it breaks open the seam of the bag when you are squeezing).

Pipe frosting on cookies and decorate with decorative candies, if desired.

Allow frosting to harden before enjoying (this took several hours for me and may vary for you depending on the consistency of your frosting)

Keep uneaten cookies sealed in an airtight container at room temperature.

## Valentine's Day Crossword

By Emma Pierce



### Across

- Day celebrated on February 14.
- One of the most popular gifts on Valentine's Day.
- In Roman mythology, she is the goddess of love.
- He is the Roman god of desire and affection.
- King \_\_\_\_\_ VII of England declared St. Valentine's Day a holiday in 1537.

### Down

- It is believed when Cupid strikes someone's heart with an arrow, they fall in \_\_\_\_\_.
- 60% of red roses grown in the U.S. come from this state.
- Receives the most Valentine's cards of any profession.
- Valentine's Day shape or symbol
- The month Valentine's Day is celebrated.
- The oldest known Valentine's Day card is at the British museum in \_\_\_\_\_.
- Valentine's Day is the \_\_\_\_\_ largest card giving holiday.

