

The Tiger Tribune

Letter From The Editor

Welcome to the November issue of the Tiger Tribune! By now, you all are probably used to the changes that were brought in by this pandemic, but we still hope you all are staying safe and healthy amidst these times! This month we have had plenty of contributions from our writers, and definitely a whole lot of diverse ideas and topics to include in this newsletter.

As always, we look forward to new ideas, creative writing, and more writers, so do think about joining the Tiger Tribune and making change with your writing! We wish you all a happy month and look forward to more writing escapades with you all! Enjoy this issue!

Sincerely,
Sana Basheer
Editor-in-Chief
The Tiger Tribune

A Special Note from the Publicity Manager: Hello everyone! This is your Publicity Manager, Amir Chermat, speaking. As loyal Tiger Tribune fans, who are of course subscribed to our email service at tiger_tribune@cwcharter.org, you may have noticed that you had not been receiving any emails from us, including our newsletters. Due to a misunderstanding following our moving of email addresses, as well as a big whoopsies on my part, we had not been sending any emails out. However, this issue has now been rectified. Thank you for understanding and continuing to follow our newsletter.

On another note, I have a request for our dear readers. This is a [link](#) to a survey in which there are five questions we would like to ask you about the Tiger Tribune. I unfortunately cannot offer money or any other reward for your answers, but they will help us improve the newsletter. Thank you, and enjoy this issue!

November Survey/ Staff Question

By Amir Chermat

“What are you thankful for during this turbulent year?”

Omar	Pizza and Food
Amir	As bad as things are, they definitely could have been worse. I am thankful for (mostly) everyone's caution and use of judgement in businesses and personal lives.
Emily Moy	Dividing my time more evenly, between family and online time.

Sahar Farooq	I am extremely grateful for the fact that rice has returned to Costco! My family spent one terrible month without rice and flour because Costco and all the other nearby stores had run out.
Ziyad Shaikh	I am thankful for having a bike.
Melody Moy	Having my family with me.
Zahra Shaikh	I am thankful for being given the time to become close with my family and do things I've never thought of doing with them :)
Sana	A roof over my head and enough food to suffice!

November 2020 Sports Section

The Legacy of Kyla Ross

By: Safiyah Razzak

At the young age of 23, Kyla Ross has already won an Olympic gold medal, World Championship gold medal, and numerous NCAA and Pac-12 awards. She is a gymnastics legend and proves to be a role model for many little girls around the world. However, it's not the trophies and ribbons that make her special, rather it's her striving for utmost perfection. In fact, she has scored a perfect 10.0 from every apparatus in artistic gymnastics: vault, floor, beam, and bars.

Any onlooker can feel her flawlessness on the floor from the angle in which her toes are pointing to the flick of her wrist before jumping into a front handspring and even her toothy smile at the end of the routine when she receives a perfect 10. Each and every one of her actions are poised and deliberate. She executes each routine with confidence and lives up to her exemplary demeanor.

Her floor routine may be imposing until you see her at the uneven bars. Her knees are straight as she soars with grace from the higher bar to the lower bar and performs the tricky moves. As her routine comes to a conclusion, she puts the cherry on top by performing a controlled and magnificently level layout while landing with utmost balance, not allowing her body to put her off guard and step out of the line.

Then she gears herself up for the vault routine. Her impeccable speed is greeted by the beauty of her one and a half twist layout which leaves the audience in an awe of admiration. Finally, she preps herself for her final and prominent routine: the beam. This is where Kyla Ross can shine and prove her true talents in gymnastics. She begins with an unparalleled back walkover and pairs it with a front aerial which she intelligently

shifts to a split jump. At the end of her routine she performs a full twist layout and lands with utmost perfection once again.

Kyla Ross has redefined collegiate gymnastics with her exquisite poise. Though she has retired, people will be watching her routines in utter shock and veneration for years to come. She has taught the world that, as a woman, she is able to conquer the impossible and achieve greatness in the one thing she loves the most...gymnastics.



Citation: UCLA Athletics. (n.d.). Retrieved October 04, 2020

National Peanut Butter Lovers Month

By Husna Basheer

National Peanut Butter Lovers Month is in November. It is a month just for peanut butter so all of its lovers can celebrate it. During November all peanut butter lovers make all sorts of foods that have peanut butter in them to show how much they love it.

First of all, what is peanut butter? Peanut butter is a very common food around the world and especially in the US. It's been around for more than 127 years and almost everyone loves it. It is made by grinding roasted peanuts until it becomes paste and adding a few things to sweeten it. Here is a bit more about the history of peanut butter.

The idea of peanut butter has existed way before the Aztecs, but it became “peanut paste” starting from 1884. It became popular after Dr. John Harvey Kellogg kept promoting it as a health food. Many people think that peanut butter was invented by George Washington Carver, but he actually didn't. George Washington Carver made more than 300 uses for peanuts, but none of them were peanut butter. Many people patented different ways to make peanut butter, so there is no one person who gets all the credit.

Fun facts about peanut butter:

- There is a law that says that anything labeled “peanut butter” has to have more than 90 percent peanuts.
- Thomas Jefferson and Jimmy Carter were peanut farmers before they were elected for president.
- Americans eat the average of 3 pounds of peanut butter per person, per year.

- Peanut butter helps cure depression.
- Arachibutyrophobia is the phobia of peanut butter getting stuck to the roof of your mouth.
- Peanut butter was originally made for people with no teeth.
- Peanut butter can be made into diamonds in high pressure environments.
- Americans eat so much peanut butter every year, it can completely coat the Grand Canyon Floor!

There are many facts about peanut butter, but that is it for now. If you are a peanut butter lover, November is the perfect month for you to show your appreciation for peanut butter!

Sources: National Today. 2020. *NATIONAL PEANUT BUTTER LOVERS MONTH - November 2020* | *National Today*. [online] Available at: <<https://nationaltoday.com/national-peanut-butter-lovers-month/>> [Accessed 4 October 2020].

2020. [online] Available at: <<https://peanutbutterlovers.com/blog/spreadworthy-peanut-butter-facts/>> [Accessed 5 October 2020].

Nationalpeanutboard.org. 2020. *26 Fun Facts About Peanuts & Peanut Butter* | *National Peanut Board*. [online] Available at: <<https://www.nationalpeanutboard.org/news/fun-facts.htm>> [Accessed 5 October 2020].

The Basics of Science

By Emily Moy

Today we're going back to the basics of science! There are four major branches of science, including Physical and Chemical Science, Earth Science, and Life Science. In Workman's *Everything You Need to Ace SCIENCE in One Big Fat Notebook*, they explain it like a huge LEGO world.

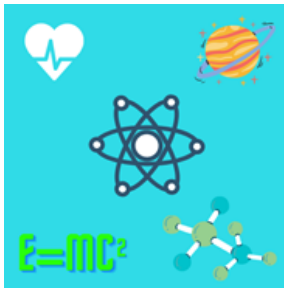
Physical Science is about energy interacting with matter, like how things move and how much energy is being used to move it. Chemical Science interlocks with Physics. It's also about matter, but it studies the particles, called atoms, that transform into larger items, like the device you are using right now which is made up of trillions of atoms.

Earth Science deals with Earth and Space, and all the nonliving things in the universe and beyond, from a pencil to a planet, and their history! Life Science studies all living things like plants, animals (like us), and even single-cell organisms!

It goes like this: Physics studies a single LEGO and all of its properties. Chemistry studies how LEGOS fit together to make larger things. Life Science studies all living LEGOs, and Earth Science studies all the nonliving items in the universe!

Phew! Science is sooo complex. Scientists study things that are too big to look at, like the entire world, and things that are too small to look at, like atoms, with models. There are a few types of models, including Physical Models, like a globe or a diorama, Computer Models, like a simulation, and Mathematical Models like an equation on paper.

The data the scientists figure out and share are compiled in charts and graphs. To figure out evidence with questions, they use the process called A Scientific Inquiry, which is more commonly known as The Scientific Method. These are just the basics of science! I hope you found this intriguing!



Everything You Need to Ace Science in One Big Fat Notebook. Edited by Nathalie Le Du and Justin Krasner, New York, Workman Publishing Co., Inc., 2016.

The End of Black Friday?

By Amir Chermat

Are you ready to dash, kick, and claw your way to some fantastic savings this November? Well, too bad. This year, all Black Friday shopping will be done online. If you are not greedy or violent enough of a person to know what Black Friday is, picture this. Imagine an enclosed jungle filled with giant bananas half off for all the good gorillas of the land. Then, imagine a crowd of rabid gorillas waiting outside that building who have been since three in the morning. Replace the bananas with flatscreen televisions, and you have a close enough idea to what your typical Black Friday is. In other words, many people staying together for a long period of time in order to go inside a building together and touch as many things as they can. During this pandemic, this is obviously a bad idea. However, it is possible that Black Friday may simply be disappearing.

According to History (as in the History Channel), Black Friday, in terms of shopping, was initially used as a term for the annual shoplifting that took place in Philadelphia the day after Thanksgiving in the fifties. Shoplifters would take advantage of the commotion from the annual Army-Navy football game held on the Saturday after Thanksgiving in Philadelphia. Police officers had to work double shifts due to the crowds, and they could not take days off. It was not until the late eighties that American businessmen began to work their magic. Black Friday was suddenly a holiday, and one profitable to the stores that were previously being robbed.

While Black Friday was certainly profitable or maybe even necessary to the shop owners and victims of Philadelphia, that is hardly the case anymore. Today Black Friday is an (unofficial) national holiday, where all of America can enjoy an entire day of sales. Except, we already have plenty of sales. Deep discounts are hardly a new concept, and they're certainly more common than on the day after Thanksgiving. Between the violent stigma associated with the event, its lack of relevance in a digital world, and now the Covid-19 virus, Black Friday's disappearance could certainly be possible.



Sources: Pruitt, Sarah. "What's the Real History of Black Friday?" *History*, 23 Nov. 2015

Claws: Part 1

By Mohammad Khan

"ROAR!"

Jack watched his dad with wide eyes as he looked on at some tigers (including his dad) as they hunted a deer. The deer was busy grazing on some grass when suddenly his dad launched out of nowhere and killed the deer with a powerful swipe of his claws. Jack and the other tigers cheered and took the deer to where their other dead prey was kept, a small hollow where there was already a deer, another rabbit, and a small bird. Jack had found the bird, which was a newborn. When they returned to camp, everyone cheered for the hunters except Jack, and when they started eating nobody wondered who had brought the baby bird; it was obvious it was Jack. Jack had the smallest paws and claws of the whole camp. Every other cub had claws that were almost full-grown. Everyone called him a baby; they said he would never be able to catch his own prey and would probably die someday.

He thought, "Someday I will show them!"

A year later, Jack was a full grown tiger, big and strong, but he still had small claws. Claws are important for a tiger, especially if that tiger needs food. The biggest animal Jack had ever caught was a rabbit, and even then it had a lame leg, which was why he was able to catch it. He had an extremely hard time finding food, and sometimes it took him one whole day to catch just one small bird. He got so frustrated that one day he decided to go away from the camp for a day or two to see if he could practice hunting alone without anyone scoffing or jeering at him. So he set off at night to prove He was not weak.

After being alone for one day, Jack had found out two things. Number 1: It was impossible for him to hunt. Number 2: He was starving. He was so fatigued that he hardly noticed when he stumbled on a tree root. Suddenly he heard someone talking to him.

"You should watch where you are going, Jack!"

Jack spun around and growled at the tiger. It was a male tiger, a big one and (Jack noticed almost at once) one with huge claws. He got nervous, wondering whether he should run or not.

He asked the tiger a little boldly, "How do you know my name?"

The other tiger said, "You should be asking what my name is. I will tell you anyways. It's Strong."

Jack blinked. "Erm... What type of tiger would name his son Strong? "

Strong shot back, " Well, it's a better name then yours, weakling. "He sneered.

Jack felt his neck fur rising as he unsheathed his (small) claws.

"You want to fight me, weakling? Bring it on! "Strong said as he leaped at him with surprising strength and knocked down poor Jack while growling right next to Jack's ear.

Jack swiped hopelessly at Strong's muzzle, but his claws were too weak to harm him. Strong raised a paw and brought it down hard on Jack's head. All Jack saw was blackness.

To be continued...



Cyber Monday By Emily Moy

Cyber Monday is very important because sales are up that day, and that means the economy thrives! There is quite a bit of information and facts coming up, so buckle up!

Here are some top electronics that were bought on Cyber Monday!

- Chromcasts
- Roku
- Apple iPads
- PlayStation Virtual Reality Bundler
- Echo Dots
- Nintendo Switch

There were books (not ebooks) that were bought on Cyber Monday as well!

- Wonder
- Diary of a Wimpy Kid
- Harry Potter and the Prisoner of Azkaban
- The Pout-Pout Fish
- Milk and Vine

Did you know, teenagers made the most purchases - 18% of sales were by a teen?! Amazon earns more than \$48 billion each year, making it the most popular online store during Cyber Monday. Retail giants sell up to 320 products per second during peak hours of the day! Smartphones, of course, rank highest when it comes to Cyber Monday sales with a contribution of 24.9% to all online traffic during Cyber Monday! Tablets and desktops account for the rest of the electronics sales.

But do you know what those purchases were made on? Ten percent of all sales were made on a tablet! Six percent of all sales were made on smartphones. Tablet users also spent more with an average of over \$131 per order! Smartphone users spent an average of over \$114 per order. So tablets are the winner. You would think it would be a computer or a smartphone, right? Also, sales will peak at 11:25 a.m. on Cyber Monday, so watch out for that! Cyber Monday is a great holiday (Ellen Davis made the name up in 2005) where a lot of people, even in different countries, come together, and bond over, well, shopping! It's a great time to get a great deal! Hope you've enjoyed it!

Much Needed. "[Cyber Monday Spending Statistics, Trends, and Fun Facts \(US & UK\)](#)." *Much Needed*, 10 April 2020. Accessed 3 October 2020.

You Are What You Eat **By Sahar Farooq**

The saying "you are what you eat" has been a core belief of many nations throughout history. The ancient Aztecs believed that eating the brains of their enemies would give them their intelligence and knowledge. The Nordic Vikings used to drink the blood of a bear or a wolf before a battle believing this would give them the strength and brutality of the animal they drank.

All over the world, there are many fascinating and rather bizarre traditions that revolve around the idea that the intake of certain food changes the way your body acts. This belief still holds true today, though not in such a peculiar way. The saying "you are what you eat" basically means that every single disease that happens to you has got something or the other to do with what you put into your stomach. In other words, if you eat bad food, you are going to feel terrible. If you eat healthy food, you are going to look and feel healthy!

We all have up to 100 trillion cells in our bodies, and each one of them demands a constant supply of nutrients to function properly. The food we consume affects all of these cells, and these cells affect every aspect of our being: our mood, energy levels, food cravings, thinking capacity, physique, sleeping habits, and general health. There is nothing that you eat that does not affect your body in one way or the other. Let me give you an example.

In recent years, soft drinks and artificial foods are becoming more and more common in the United States. According to Dr. Feingold, the artificial flavors and colors in almost every processed food in a supermarket can trigger and even exaggerate learning disability and learning disorders. If you pick up a soft drink, a tube of yogurt, or even a juice box, you will find that there is an overwhelming list of ingredients at the back, and most of them are chemicals that you wouldn't even know how to pronounce. These artificial foods are filled with chemical compounds and artificial colors that are very harmful for your health and wellbeing.

These foods were not always so commonly manufactured and eaten in past years. In fact, this trend of eating artificial foods is quite recent and wasn't always around. Another big change in recent years is the amount of diseases found in people. According to a 2013 study by the Centers for Disease Control and Prevention, food allergies increased by 50%. Autism increased from 1 in 150 to 1 in 68. ADHD diagnosis increased 5% per year. This is a huge change, and the prime reason is what our nation is putting into its stomach.

You really are what you eat! The diseases in this country have only increased when the food eaten by the majority has changed. But this is reversible! Cutting down on even some of the unhealthy food that you consume everyday can bring tremendous changes to your lifestyle. So, say goodbye to donuts and hello to carrots!

Sources: Hether Crawford. "You REALLY are what you eat!" *YouTube*, TEDx Talks, 4 Nov. 2014

American Diabetes Awareness Month

Zahra Shaikh

Diabetes is one of those things that brings chills up one's spine when they hear the word. Although it can be managed with a stable diet, strong physical activity and proper medications, it is unfortunate that more than 100 million people are living with this dreadful disease. Therefore, November was approved as the American Diabetes Awareness Month, to raise awareness and to teach others about the risk to which they are vulnerable. For those struggling with diabetes, it is a chance for them to awaken the world by telling their stories. With no cure, diabetes can affect a group of lives in a single moment, so celebrating this month gives them a chance to lift each other up. However, honoring people with diabetes is not limited to talking to someone. Someone who does or does not have diabetes can simply take some time to question themselves about how they are doing in terms of health. Some tips to prevent or decrease chances of getting diabetes include committing to a new healthy habit every month, looking for a diabetes-related activity in your area such as a fundraiser or walkathon, or even just learning something new about the overall sickness can be very beneficial. Taking some time during this month to learn, prevent, and educate can not only help you, but millions around the world. So I ask you to use a few minutes during the month of November and make a difference in your or someone else's life.

Sources:

1. "[New CDC Report: More than 100 Million Americans Have Diabetes or Prediabetes.](#)" *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 18 July 2017
Strauch, Ingrid. "[Ten Ways to Observe National Diabetes Month - Learning About Diabetes: Diabetes Self.](#)" *Management*, Diabetes Self-Management, 31 Oct. 2019

Don't Forget to Clean the Floor

By Omar Farooq

A Few days after the creepy night,
Something is crawling, but it feels quite right.
National Nacho day, that's what it is,
Listen carefully, if you want an A on the quiz.
National Nacho Day is on the sixth of November,
Don't worry, you don't have to be a Nacho club member.
The Nacho day is a day of celebration,
Just make sure you don't go to the train station.
Two ingredients are needed on that day,
Chips and cheese, but please don't bring the grassy hay.
Now as I forgot to mention above,
We need a few more ingredients in your glove.
Few special ingredients, guess what they are?
You can get them if you drive in your car.
For the next few ingredients, make them anything you like,
Just make sure you clean the floor and give it a good swipe.

Robots: Humanoids or Harmless Machines?

By Abdallah Khan

Can robots overthrow the *human race*? A new study says it's highly likely.

Actually, I lied; there is no such study. But now that you're here, let me tell you why robots can **not** become strong/smart enough to kill us all. Ever since technology has advanced enough for movies such as *The Terminator* to be created, us humans have been worrying about the fate of our entire race. We wake up in cold sweat from nightmares of highly advanced robots such as the T-1000 eradicating the humans in a mighty apocalypse. But we shouldn't be worried; as highly advanced as machines are in this age, I can assure you there is no way humans can recreate true emotions and transfer them to the slabs of metal we refer to as "robots." We are not even close to replicating simpler parts of the human body for robot use. According to theconversation.com, "**Scientists are far from replicating the complexity of human hands. The hands of robots that are used today in real applications are clumsy. The more sophisticated hands developed in labs are not robust enough and lack the dexterity of human hands.**" Another aspect in which robots can never match humans is the complexity of the signals sent to the brain during the simple act of touching an object. Even the most advanced software is no match for the human brain in this respect, so even the mere thought of robots replacing us is absurd.

So, are you still worried about robots? Don't be! After all, robots are simply sophisticated machines, created by humans. While machines can do repetitive and hard tasks that bore us humans, they can and will never be capable of the simplest emotions such as happiness, sadness, and grief. And after all, it is emotions that truly make us what we are: humans.

Citation: Norbert Krüger Professor, & Ole Dolriis Robotics lecturer. (2018, September 14). Five reasons why robots won't take over the world. Retrieved October 07, 2020

Biking in Quarantine

By Ziyad Shaikh

Sitting at home bored with nothing to do is one of the most painful experiences, especially for those who love going outside and are not able to. However, all is not lost. Biking is a great way to get outdoors and away from your house. Especially here in the Bay Area, biking is an incredibly famous activity thanks to the various trails running through the county. However, before you start biking, it is important to know the basics.

First, there are many different types of bikes. For instance, you could get a road bike, which is a bike which has extremely thin tires meant for roads. There are also mountain bikes, which have suspension and shock absorbers and are mainly for mountain biking. Finally, there are hybrids which are a hybrid between mountain and road. These have thin tires so they cannot be taken onto hard core mountain biking trails but can still be driven on light gravel and bad roads.

It is important to take the correct gear when you go biking as well. The most important and basic however is a helmet because it is important to protect your head in case of an accident or an impact. Next, it is vital to bring along water on your commute, as the last thing you want is getting dehydrated and passing out in the middle of your ride. You can buy bottle holders from amazon or any other bike store in your area which can be

installed onto your bike. Finally, you need to be prepared for getting a flat tire. This is the one experience which almost every biker runs into at least once. Talking from experience, this is not a fun thing to deal with. Every bike tire has an inner tube which contains the air to keep your tires inflated. Once it gets punctured, you get a flat. So, you need to carry an extra tube, tire levers and a mini bike pump. Tire levers are special wrenches to pry open the tire to get access to the tube. There are millions of videos over the internet on how to change a flat. And a pump is simply used to inflate the tire after changing the tube.

So, there is a simple guide to the types of bikes and what to get with you on your commute. I hope that you learned something!

Extracurriculars and More

Interested in joining us or other, similar, clubs?

Check out these club flyers to find out how you could be part of something extraordinary!

The image displays two club flyers side-by-side. The left flyer is for the Tiger Tribune, featuring a green background with a white tiger silhouette and illustrations of a pair of scissors and a pencil. The right flyer is for the CWCS Math Club, featuring a light blue background with a grid pattern and mathematical symbols.

Tiger Tribune
THE CWCS NEWSLETTER INVITES YOU
TIGER TRIBUNE
"WHERE YOU CAN SHOWCASE YOUR CREATIVITY IN WRITING"
JOIN US NOW IF YOU:
• are in grades 6-12
• are interested in writing
• want to showcase your talent/creativity
• want to experience the thrill of journalism
• want to showcase your leadership
CONTACT US NOW TO JOIN AT
TIGER_TRIBUNE@CWCHARTER.ORG

CWCS MATH CLUB
INTERESTED IN MATH?
SHOWCASE AND IMPROVE YOUR MATH SKILLS BY JOINING THE MATH CLUB
• WE MEET ONCE A MONTH FROM 12:00PM-1:00PM ON GOOGLE MEET
• ANYONE FROM GRADES 6-12 IS WELCOME
• JOIN NOW VIA CLASSROOM.GOOGLE.COM USING THE CODE 5GENCMZ
CONTACT: MCRAY@CWCHARTER.ORG



The Letterbox

Now, readers like you are able to contribute suggestions, fun facts, jokes and comments for improvement to our newsletter! All you have to do is email your contribution to tiger_tribune@cwcharter.org with your name and grade level, and check here next time our newsletter comes out!

This is ideal for those of you who don't necessarily want to or have time to commit to becoming staff writers; however, if you *would* like to become one of our regular staff writers, please email us at tiger_tribune@cwcharter.org with your name, age, and grade level we look forward to working with you!