

Roadrunner News



October 2, 2013



Roadrunner Athletics



The 7th grade Volleyball team is off to a great start. With only one official practice prior to our first match, we have won several matches and lost the others in the third set by a combined 8 points. They are learning quickly and having a great time. They will be a team to be reckoned with in the second half of the season. The team members are: Maddy Gold, Teah Buchan, Michelle Shanahan, Elyssa Young, Caira Somera, Lilly Villarreal, Isabella Monterrosa, Natalie Sierra, Isabel Dorantes, Emily Howard, Natalie Sotelo, Malorie Meyer, Gracie Villalobos and Marlana Gaston.

Mr. Cruz



The 8th grade Volleyball team is off to a great start this season! After drop-

ping the first two matches they have blazed back and won their last two matches with a vengeance. Way to go Lady Roadrunners! Your teamwork and positive attitudes are your greatest strengths.

The 7th and 8th grade Flag Football team is a proud representation of Riverside Meadows this season. The hard work and dedication is an embodiment of what the Roadrunner athlete stands for. The boys were proud to combine as a 7th and 8th grade team this year. These roadrunners truly are pursuing greatness as student athletes and representing the school very well with great attitudes and sportsmanship!

Mrs. Garceau



Upcoming Events

- 10/1 V-ball and F-ball @ Yuba Gardens
- 10/1 Hearing Screening 8th grade @ 9AM
- 10/2 "Nightmare on Puberty Street" play 2PM
- 10/3 V-ball @ Foothill
- 10/4 PINK FRIDAY
- 10/4 Student Government application packets due
- 10/7- Elections week
- 10/11
- 10/8 V-ball vs. Sycamore @ Riverside
- 10/10 V-ball @ McKenney
- 10/11 Elections assembly @ 9AM and Voting 2nd period
- 10/11 PINK FRIDAY
- 10/16 Bully Awareness Day
- 10/18 PINK FRIDAY
- 10/21- Red Ribbon Week
- 10/25
- 10/25 PINK FRIDAY
- 10/28- Candy gram sales for
- 10/31 Halloween
- 10/31 Happy Halloween!

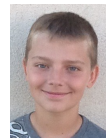
Students of the month

Students who are chosen by Riverside staff members show respect, responsibility, and thoughtfulness and make our school a better place. Congratulations!

Grade 6: Emily Gaston



Austin Gaylord



Grade 7: Claire Norton



Phoenix Osmun



Grade 8: Josalyn Johnson



Rafael Angel





Student 411

Zombie Dance!





Riverside Staff

Meet Mrs. Sala



How much do you really know about Mrs. Sala? I'm guessing you only know she's an English Language Arts teacher. Well did you know she got a degree in sociology at UC Davis, but got her teaching credential at Sacramento State?

Mrs. Sala is Persian, and has an older brother as well as a younger sister. Like most girls, her favorite color is pink and she loves Disney. From Disney movies, to Disneyland, I mean how could you go wrong with Disney?! Her favorite Disney Princess is Belle, because Belle likes to read, and lives in France. Who wouldn't want to live there?

Her overall favorite movie is "The Notebook", based off of the

heartfelt book written by Nicholas Sparks. And for you book worms, Mrs. Sala's favorite book is, *The Time Travelers Wife* by Audrey Niffenegger. She loves to read! She also likes to hangout with her friends. They enjoy going shopping, watching movies, and having game nights. These game nights consist of Mrs. Sala's all-time favorite game, Scrabble.

On her free time, Mrs. Sala likes to bake cookies, cakes, and brownies. Her favorite food is pasta, and her favorite candy is peanut M&M's! Yum! Her favorite animal is a cat. She loves to travel. As a matter of fact, Mrs. Sala's favorite city is San Francisco! Going to the beach, and swimming, are also some things Mrs. Sala enjoys doing on her free time.

If you see Mrs. Sala in the halls, or even in class, make sure you ask more questions to find more about her, or even to say



hi! Also, congratulate her marriage on Friday, September 27!

Alexis Kelsey

From Mr. Hofhenke's Desk

We have been in school for a few weeks now and it looks like everyone is starting to establish their daily routine. Keep in mind that the workload is not heavy in the beginning of the school year. As the weeks go on, you will have more homework, more to study, and more responsibilities. Make sure that you stay organized and you establish a good homework routine. Did you know that at least 95% of students who receive F grades do so because they don't turn in homework? Lets all make sure we start off the year positively by

being responsible and turning in all of our assignments on time.

Many of you have noticed that we are focusing on character this year. I am very impressed with all of the great things I have seen happen so far. You are being responsible for yourselves, helping others in need, being kind to others, and volunteering for activities. We will continue recognizing students every week for displaying great character through our morning announcements. At the end of September we will be providing ice-cream

for all students who a teacher recognized for displaying character. You don't have to have your name read over the morning announcements to participate; you just need to have been recognized by a teacher. Keep up the great work and continue showing great character at Riverside!





October is Breast Cancer Awareness Month

Facts about Breast Cancer

Most of us have a family member or friend who has been diagnosed with Breast Cancer. It can be a scary disease in some cases, but how much do you really know about it?

Breast cancer is a disease that kills thousands of people each year. Breast cancer develops when normal cells change into abnormal cells that multiply out of control. It occurs because of an interaction between an outside force and a human or other mammal.

Breast cancer mainly occurs in women, but can happen to men also. It accounts for 23% of all cancers in women and caused 458,500 deaths worldwide in 2008. Breast cancer is 100 times more common in women than it is in men. Girls have a one in eight chance of getting breast cancer, while boys have a one in a thousand chance of getting it.

The characteristics of the cancer determine the treatment, which may include surgery, medications, radiation, and chemotherapy. Prognosis and survival rates vary depending on the cancer type, stage, treatment, and location of the pa-

tient. Most types of cancer are easy to diagnose by a biopsy. Rarer types of breast cancer require specialized lab exams.

Many things can increase your risk of developing breast cancer. The American cancer Society says "About 5% to 10% of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects (called *mutations*) inherited from a parent." Smoking tobacco increases your risk by 35% to 50%. Drinking alcohol, eating a lot of foods with fat in it, and obesity can also increase your chance of getting breast cancer. You can also decrease the risk of getting breast cancer by maintaining a healthy weight, drinking less or no alcohol, and being physically active.

For more information log onto the American Cancer Society website: <http://www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-risk-factors>

Anonymous student writer



Leadership Class honors fighters and survivors

This month the Leadership class will honor women and men who have fought against breast cancer as well as family members and friends who have supported them. The Pink October committee will be hosting several events on campus before and after school, at Nutrition Break, and at lunch.

- **Every Friday will be Pink Friday** so start gathering up your pink now! Pink shirts, pants, hats, pins, bracelets, socks, you could even dye your hair pink!!!
- Friday, October 4: Riverside students will have the opportunity to honor breast cancer survivors and fighters by signing a poster in honor or in memory of fighters and survivors of breast cancer. The poster will be displayed in the gym during the month of October.



- Friday, October 11: at the beginning of the elections assembly, the Leadership will pay tribute to breast cancer survivors as well as those who have lost their fight with a short video.
- Friday, October 18: students will create cards and a poster in support of cancer patients. These will be delivered to local hospitals.
- On Friday, October 25: TBD

Show your support by joining in the activities!





Roadrunner News Staff

A Brief History of Halloween

When you think of Halloween nowadays candy and costumes come to mind, but this wasn't always the case. Halloween used to be a very serious, important, and frightful day.

Halloween is the shortened term for All Hallow's Eve which comes from the old English term eallra halgena aefen. Eallra halgena aefen would be translated into Eve of All Saint's Day. Hundreds of years ago Halloween and All Saint's Day were celebrated on the same day. Now, they are celebrated on two different days.

Halloween originates from Samhain (summer's end) which was celebrated in medieval Ireland and Scotland. Samhain is based off of Celtic polytheism that dates back to the days of Rome. The Celts believed that on

Samhain the boundary between the living and the dead was so weak that spirits could cross over to the land of the living. While dead family members and friends were welcomed, harmful spirits were warded away with costumes and masks. Families also stocked up on food, started bonfires, and cast bones of slaughtered livestock into the fire. The Irish and Scottish also placed candles in their windows and carved pumpkins to honor the ones they lost during the year.

As you can see, Halloween is a holiday with a long and complex history that has changed a lot over the years.

Ramneek Sanghera

The Roadrunner News is looking for writers!

If you are interested in writing a story for our school newspaper please contact a Roadrunner News Staff member or Mrs. Markusen: wmarkusen@plusd.org, or (530) 743-1271 ext. 234

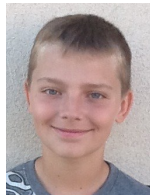
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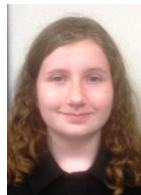


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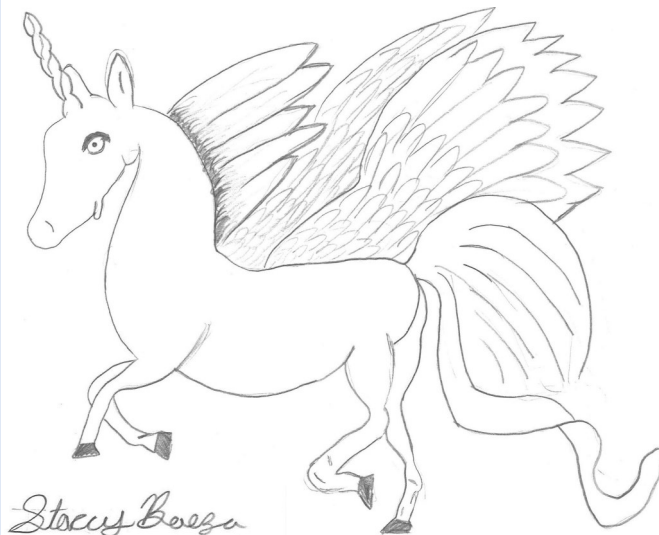
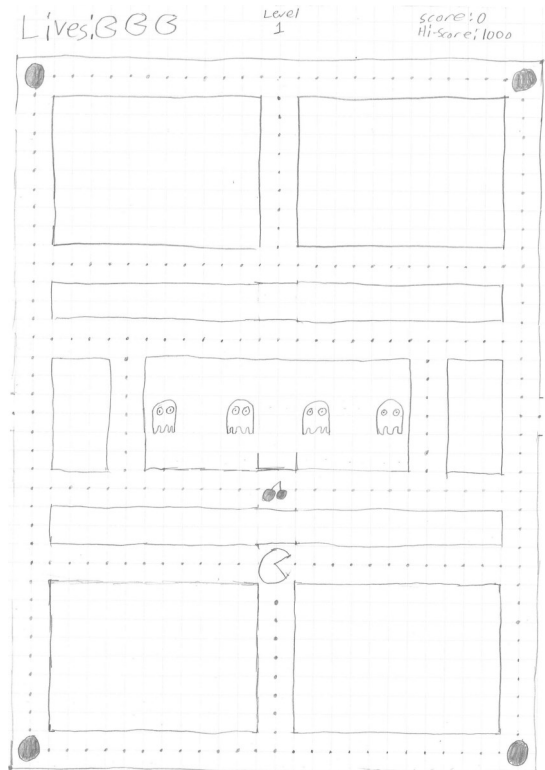
Seanna Scott



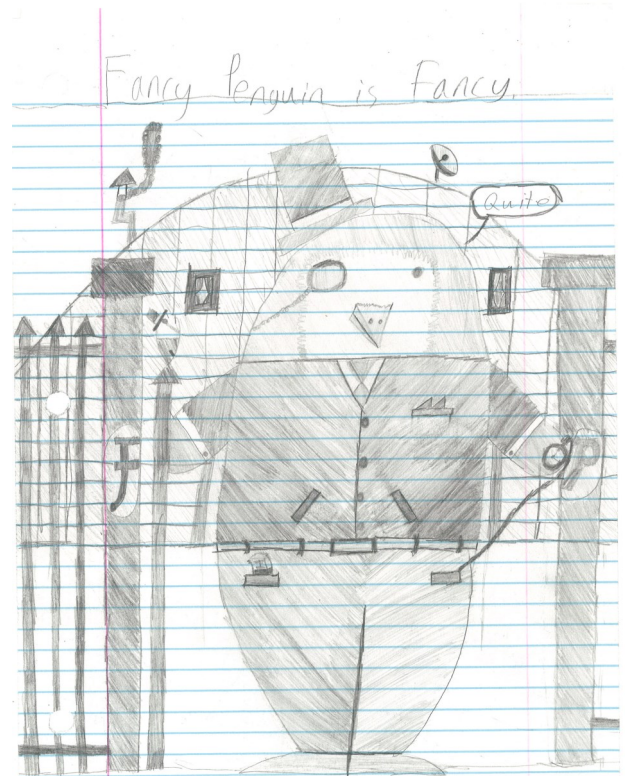
Student Art



Tyler Costa, 6th grade



Stacey Baeza, 7th grade



Andrew King, 7th grade



Reminders and Parent News

Reminders from the office



Students calling home:

Students: if you call your parents from the school for any reason please leave a message so when they call back they will know what message they should relay to Miss Cookie or Ms. Leslie.



Student cell phone use:

Students and parents: No student cell phones should be used for any reason, including making calls, text messaging, taking pictures, or listening to music during school hours 8AM-3PM unless specific permission is given from a Riverside staff member. Parents, if you need to contact your child please call and leave a message with the office. In addition to being against school rules and causing class disruption, phone use can be a security risk for students and staff members.

Announcements



Singing Club has begun! Mrs. Lawrence and

the Singing Club will meet every Monday during lunch. They are currently practicing for a performance on Bully Awareness Day, Wednesday, October 16.



Art Club meets at lunch on Tuesdays, Wednesdays, and Thurs-

days. The Leadership class would like to thank the club for the wonderful decorations they contributed for the Zombie Apocalypse dance on Friday, September 13!

Announcements from Leadership Class

Halloween Candy grams



We will be selling Halloween Candy-grams during Nutrition Break

and Lunch October 28-30 that will be delivered to students during 7th period on Halloween. The cost will be \$2 and each will contain a mixture of candy and chocolate.

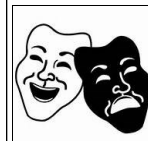
Student Government Elections:

Campaign with Character:

- Tell Riverside students the great things you have planned for the school year if you are elected.
- Show respect to your opponents.
- Keep it clean: use appropriate slogans and monitor your posters for damage. Repair or remove damaged posters.



Jazz Band began this week and will meet Mondays 3-4PM.



Drama Club sign-ups are currently available in the office.