

THE CHIMERA CHRONICLE



Published as a service to the WHS community. Committed to the students and families of Willingboro High School. Go Chimeras!

THANKSGIVING/
WINTER RECESS/HAPPY HOLIDAYS

- Come to School and Class on Time.
- Have on the School Uniform Colors.
- Ignore Negative Behavior.
- Maintain a Positive attitude.
- Enjoy the High School Experience.
- Respect Myself and Others.
- Always Keep My Head, and Remember, *Boro Pride Lives Inside!*



The Great Gwen Ifill

Her work stood on its own. She was unflappable, unbiased and sincere in her reporting.

She was a trailblazer for women and black journalists.

She was a role model. She called out hate speech wherever and whenever she heard it.

Black men and woman who aspire to be journalists owe Gwen Ifill a debt of gratitude. She was a trailblazer. She didn't grow up with someone like her to admire and aspire to. Because she dared to be a great journalist, so many young black journalists exist today.

Perhaps her loss is best expressed by one of her colleagues and a fellow journalist, whenshe said, "Gwen Ifill was the epitome of hard work, purity in journalism and striving for excellence. The outpouring of those who benefitted from her guidance as a mentor and role model is the greatest example of the reach of her life's work. Her voice and perspective will be missed during this important time for our country." —Rashida Jones, Managing Editor, MSNBC

(Continued on page 3).

A Tribute to Ibn Perry— We would like to take this time and dedicate this issue of the Chimera Chronicle to Ibn. He will always be a member of our Chimera family. Those of us who are lucky enough to call him our friend will never forget his smile, his goodness and his joyful heart.

PARCCING in Progress

The Fall Block of PARCC testing began December 5th and continues through December 15, 2016 for students enrolled in English, Algebra, and Geometry courses this semester. Make-up testing will begin after initial testing ends, December 15th until the 23rd . The PARCC is a very important and highly recommended test for high school students in New Jersey. To learn more about this important series of tests in core subject matters please visit the NJ Department of Education website at <http://www.nj.gov/education/assessment/parcc/resources/Parent-FAQ-Guide-PARCC.pdf>

Don't get left out, or left behind! Take the PARCC assessments.

The Might Z-Club— Helping Families for Thanksgiving!

This year, the Z-Club of Willingboro High School donated 9 food baskets to families in need. Items included everything necessary to have a great holiday, including the turkey! To see photos of the Z-Club and their efforts to help local needy families, please go to page 3 –Photos provided by Ashley Charlie, Z-Club president. Article written by Dhestyknei Abdullah.

The Z-Club donate their time to many worthy causes. See Ms. Powe to join the Z-Club.

Prizes for the Crossword Puzzle on Page 8

The first three WHS students to successfully complete the WHS crossword puzzle on page 8 of this issue will receive a prize!! See Ms. Massaro in the LRC for more information regarding this contest.

VOLUME 2, ISSUE 2

NOV/DEC. 2016

Highlights:

- Media Class Comics
- What's Happening in MVP
- Z-Club Gives Thanks
- The Importance of PARCC
- Featured Club: Showstoppers!

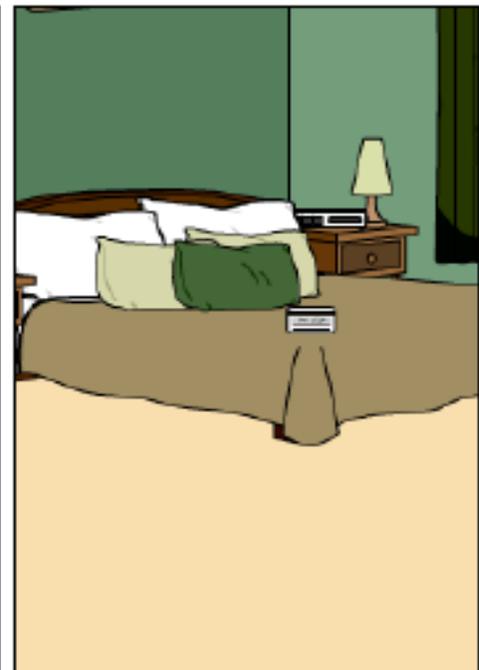
Inside this issue:

Media Class Comics	2,4
WHS Winter Concert	3
Z-Club Photos Showstoppers	5
Tumeric—The Super Spice	6
Last Issue Crossword Answers.	6
Reindeer Cup Cape Recipe	7
What's Happening in MVP	7
About the Chimera Chronicle	7
Crossword Puzzle Contest	8

Media Class Comic

Don't Steal

By Joy Scott



This comic continues on page 4.

Guidance Corner



Students: The Guidance department has many scholarships available. There is a new list published monthly. To see all of the latest scholarship information go to the Guidance Scholarship page on the web at <http://www.willingboroschools.org/Page/914>. We have some excellent scholarships available to seniors and underclassmen alike. Look for these scholarships to be listed and/or available in your classrooms, as well. If you have a college, scholarship, or career inquiry, make an appointment to see your guidance counselor. .

The Great Gwen Ifill

(Continued from page 1.)

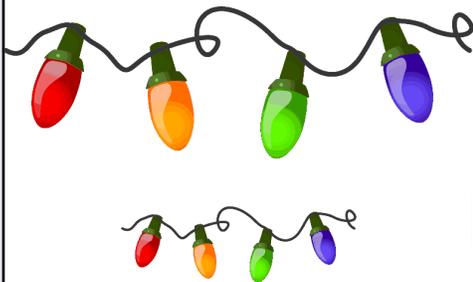
Ms. Ifill's first book, "The Breakthrough: Politics and Race in the Age of Obama," was released on the day of President Barack Obama's first inauguration. One of the most visible African-American female broadcast journalists, she received more than 20 honorary doctorates, had been honored by the Peabody Awards, the Radio and Television News Directors Association, Harvard's Joan Shorenstein Center and the National Association of Black Journalists among others. She also served on the boards of the News Literacy Project, the Committee to Protect Journalists, and was a fellow with the American Academy of Sciences.

Among her other accomplishments, she moderated the vice presidential debate between Dick Cheney and John Edwards, and then the 2008 vice presidential debate between Joe Biden and Sarah Palin. She also moderated a primary debate between Sen. Bernie Sanders and Hillary Clinton last year.

She was a great journalist, a great role model to young people, a shining example of what hard work and determination can accomplish. She was an unbiased, voice of freedom and her work will not be forgotten.

Gwen Ifill passed away on November 14th 2016. She was only 61 years-old. We need more people like Ms. Ifill in the world.

WHS Winter Concert

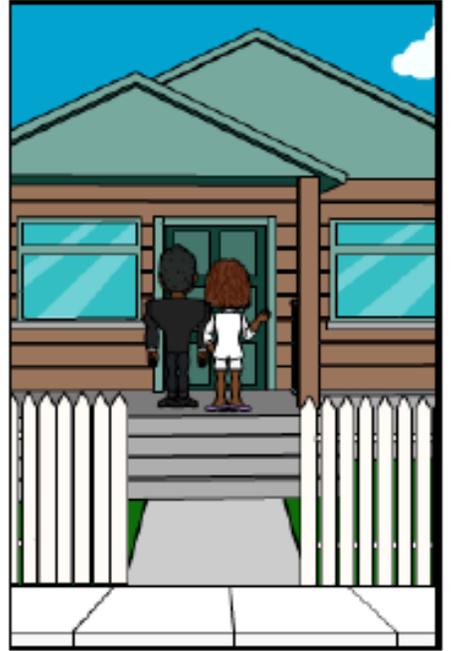


The WHS Winter Concert will take place in the WHS auditorium on December 22nd at 7:00 pm. Come out and get some festive holiday spirit and listen to our students sing. For more information regarding this event, please contact the WHS main office at (609)835-8800.



Media Class Comics

(Continued from page 2)



To read the rest of this comic go to the school newspaper online at willingboroschools.org and select Activities –Student Newspaper.

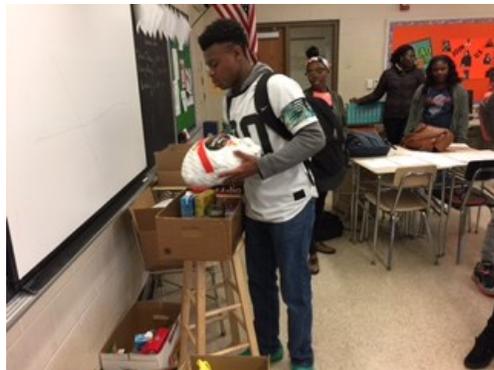
The Mighty Z- Club,

continued from page 1.

By Dhestyknei Abdullah

For this Thanksgiving, Z Club did its annual Turkey Basket Drive. The community-service based club was able to make 19 food boxes that included 9 turkeys for Catholic Charities. They are thankful for every box and can donated. It was a glorious sight to see students of Willingboro donate their time and food for families to have a happy dinner on November the 24th. Z Club can remind us that you can't spell Thanksgiving without "giving".

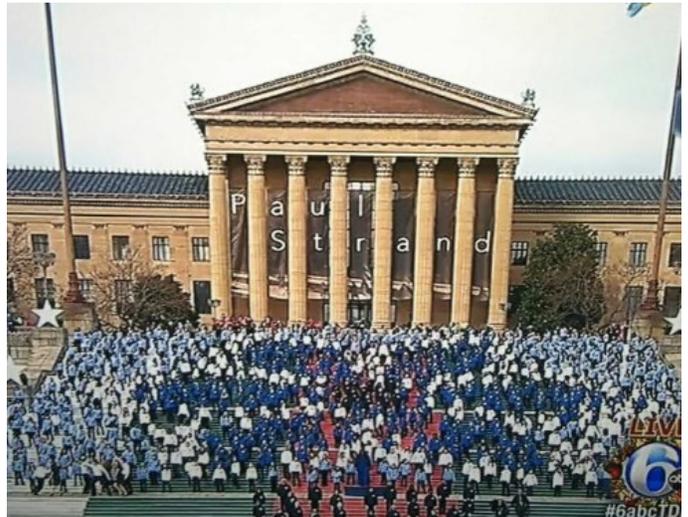
The Z-Club Preparing Thanksgiving Boxes for Needy Families



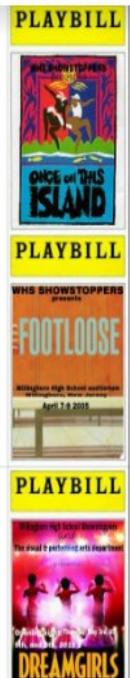
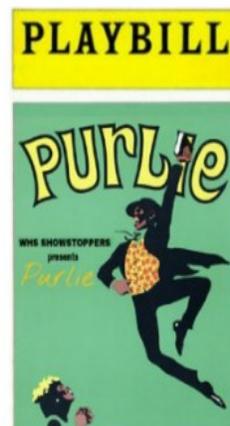
Showstoppers— WHS Drama Club. By Nate Coles

Willingboro Showstoppers is a drama club that preforms plays for friends and family. Please stay tuned for announcements about showstoppers.

Pictures Include: Plays Showstoppers have done and Philly art museum (trip to sing for Thanksgiving parade.)



Here are some of the previous plays Showstoppers has produced. As soon as we have new information about our upcoming performances, we'll publish that information. Anyone who wants to join this club should contact Ms. D. Ingram.



Sept./October Crossword Puzzle Answers:**Across**

1. light
2. bible
3. virus
6. Hamlin
7. Hamilton
8. Clinton
9. Thriller
11. mitochondrion

14. Gutenberg

15. Hoover

16. Reserves

17. Wicked

18. gerund

Down

1. Liberia

4. Saalih

6. participle

8. chemical

10. Montgomery

12. clef

Correction Notice for Sept./October Issue.

Last issue we published a tribute to Barack Obama. We stated that President Obama would leave office after the election in November. While this is true, we were not specific about when Mr. Obama's term actually ends. The election was on November 8, 2016. However, the current president will remain in office until the new president-elect is sworn in on January 20, 2017, unless the U.S. Electoral College decides against it (which is unprecedented, but entirely possible). They will vote for the POTUS and VP on December 19th, 2016. See your history teacher for more information on the responsibilities of the U.S. Electoral College. You may also visit: <https://www.archives.gov/federal-register/electoral-college/key-dates.html>

Thank you Mr. Brady for pointing out the error.

Turmeric - The Wonder Spice

If you are a foody, and familiar with the New York food scene, you will have heard about the new craze over turmeric. There are many eateries and health-food bars that serve turmeric in various drinks and teas, one is called "golden milk."

Golden milk is a superfood cocktail made up of turmeric, coconut milk and pepper. This drink is America's new superfood cocktail. According to the October article written by Phriya Krishna on Zagat's website, turmeric is the spice to consume for better health.

Turmeric contains a major active component called curcumin, this compound is the subject of more than 5,700 peer-reviewed and published biomedical studies, according to Krishna. This humble spice is one of the most researched medicinal plants in the world today.

Ancient Chinese and Indian medicine have been using this spice to treat many health ailments for thousands of years. This spice is commonly associated with Indian and Asian cooking and is often seen in curry spice blends. The deep color represents its rich anti-oxidant and phyto-nutrient profile.

Here are some of its main health benefits:

Liver Function – Turmeric increases the body's detoxification capabilities by up-regulating specific liver detox pathways. It has also been shown to reduce biliary pain, dyspepsia, improve gallbladder emptying. Curcumin also exhibits liver cell protection against alcohol damage and may also protect liver cells from other liver toxic substances.

Cancer Prevention- Turmeric is highly associated with its anti-cancer properties. There is a long list of studies supporting its anti-cancer benefits including multi-drug resistant cancers and its potential to actually kill cancer stem cells which may be the driving force behind tumor growths.. Another interesting study showed its potential for the prevention and treatment for pancreatic cancer combined with fish oils. Another study found that curcumin increases levels of circulating Vitamin C and E, and shows a strong reduction in DNA damage.

Alzheimer's Disease Reduction – Turmeric can also help preserve memory and reduce the risk of Alzheimer's disease. Alzheimer's disease is characterised by the build-up of amyloid protein (plaques) within the brain, blocking connections between nerve cells in the brain effecting memory, curcumin has been shown to reduce the accumulation of these plaques.

Fights Infections – It is used as an antimicrobial as it has been shown to kill infections particularly in the digestive tract and topically as a paste. A broad-spectrum of resistant infections can be resolved with the use of this spice. Turmeric, is truly a wonder spice. Always consult your doctor before beginning any vitamin or herbal treatments. Information for this article was obtained from <http://blog.paleohacks.com/turmeric-benefits/> and <https://www.zagat.com/b/turmericwhy-and-where-you-should-be-drinking-this-years-trendiest-superfood>.



Reindeer Cupcakes— Amended from Te'Nel Coleman-Kearny's recipe submission.

For the cupcakes

1 1/4 c. all-purpose flour
1/2 c. Unsweetened cocoa powder
1/4 c. malt powder
3/4 c. sugar
1 tsp. instant coffee
1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt
2 large eggs
1 c. buttermilk
1/3 c. unsalted butter, melted
2 tsp. vanilla extract
2 c. Buttercream Frosting



Directions :

Preheat oven to 350 degrees F. Fill cupcake pan with liners; set aside. Make cupcakes: In the bowl of a stand mixer fitted with a whisk attachment, mix together first eight ingredients. Add in next four ingredients and beat on medium until well combined, about 2 minutes. Pour in 3/4 cup boiling water and beat until well combined. Fill liners 2/3 of the way. Bake until toothpick inserted in the center comes out clean, 18 to 22 minutes.

For The Reindeer Frosting:

Ingredients:

Chocolate Frosting
Mini pretzels
Vanilla wafers
Red and brown M&Ms (For as many reindeer noses -- regular or Rudolph's -- you would like to make!)
Candy eyeballs (You can substitute white M&Ms for the eyes by adding a small chocolate frosting dot for the pupil)

Directions:

After your cup cakes have cooled: Frost your cupcakes with the chocolate frosting. Be sure to be generous with the amount of frosting you put on, so your toppings will stick.

Next, place one Nilla Wafer at the bottom center of the cupcake. Then, using a small dot of frosting as your "glue," place one brown or red M&M in the center of the wafer to complete the reindeer nose.

Take two mini pretzels, and place them -- angled out at the top of your cupcake. Make sure you push them far enough into the frosting so that they stay!

Last but not least, add the eyes. Place your candy eyeballs or white M&Ms right above the Nilla Wafer nose. If you decide to use white M&Ms and add the chocolate frosting dot as the pupil.

What's Happening in MVP? By Gary Nelson, MVP Director

The MVP program will be doing weekly groups for Senior class students to assist in college applications and SAT registrations for the whole month of December.

Are you an aspiring music artist or fashion model? Come work with MVP's audio production and photography groups to create music tracks and fashion portfolios!

Upcoming events: On January 6th MVP will be hosting HBCU on Tour! College students from various Historically Black College Universities will be coming to WHS to talk about why students should consider HBCUs!

MVP will be hosting COPS and TEENS on January 17th and 24th at 6:30pm. We will be taking students to meet local law enforcement and take part in an actual police crisis situation! Come learn what life is like on the beat!

MVP Greenhouse project began on 10-25-16 we will teach students how to care for and maintain a real green house. We will also grow our own vegetables as a part of a healthy eating initiative. All are welcome to join us in this effort.

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Making Visions Possible is a program that was developed in response to an ever-increasing need to promote healthy character development, community service, educational support, and appropriate socialization skills.

MVP is located in Room 304 and is open to all WHS students, Monday-Friday. .

About The Chimera Chronicle



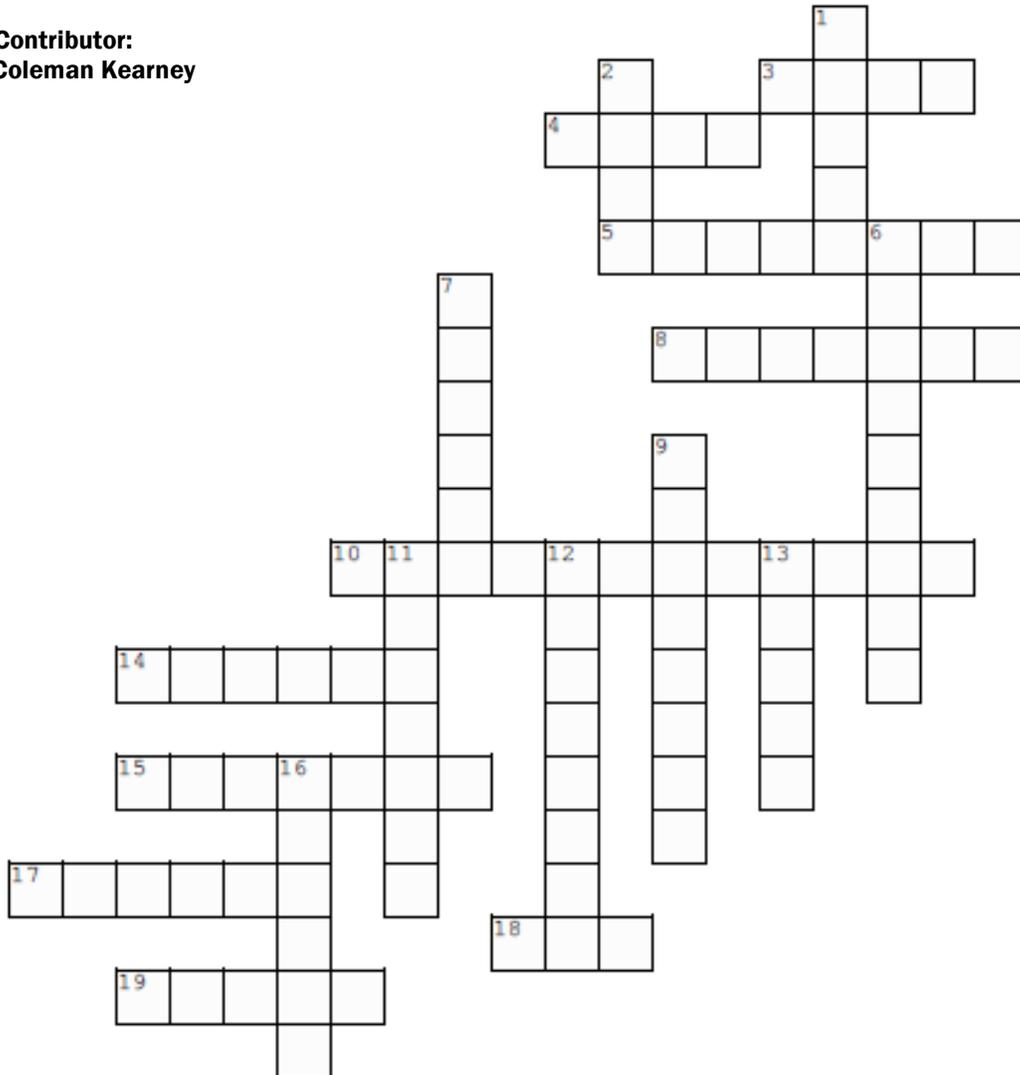
Current Club Officers: Te'Nel Coleman-Kearney, President; Nyalah Nixon, Vice President Elizabeth Massaro—Club Advisor

The new **Chimera Chronicle Newspaper Club** meets on Tuesdays, immediately after school in the Library. All students are welcome to attend. If you just want to contribute articles, we are accepting news stories, creative writing, poetry, and artwork for next month's publication. See Ms. Massaro (the media specialist) for more information.

Don't see the news article, art work, poem, sports information you want to see? Contribute! Send your school news to emassaro@wboe.net. Our next issue copy deadline is Friday, January 20, 2017. To submit material, email: emassaro@wboe.net. (The paper also accepts anonymous and pen name submissions.)

The WHS Chimera Chronicle Crossword

Puzzle Contributor:
Te'Nel Coleman Kearney



Across

3. NaCl
4. The J, in Donald J. Trump
5. The capital of Syria
8. These people assisted the pilgrims in the first Thanksgiving feast, misnomer for Native Americans.
10. WHS drama club
14. These fall when the seasons change from summer to autumn.
15. Trump's favorite way to communicate online
17. Assistant principal at WHS, Mrs. ...
18. The "p" in mpg
19. Most teenagers need 8-10 hours of this a night.

Down

1. These are documents Trump still has not released, and probably never will.
2. Au on the periodic table
6. This fruit is one of only a handful of fruits native to North America. When this fruit is ripe, it bounces.
7. A Specific tribe of Native Americans, collectively
9. Most people watch this on Thanksgiving.
11. Barack Obama's middle name
12. Wednesday, December 21st—Winter ...
13. Prefix for light
16. Most people eat this on Thanksgiving.