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Flu Shot

By *Conor McGinn*

Have you had your flu shot yet? It's that time of year. There are two flu vaccine choices available, the nasal spray and the injection. The shot or injection is an inactivated vaccine containing killed viruses. The nasal spray is made with live weakened viruses. You cannot get the flu from either vaccination.

The 2010 – 2011 flu vaccine protects against the 2009 H1N1 virus and the H3N2 virus and the influenza B virus. It takes two weeks after the vaccination to be protected from the flu. Getting the flu shot is recommended to begin in September and continue throughout the winter season.

Experts recommend that everyone get a flu shot especially pregnant women and young children starting at six months, people 50 or over and people with chronic medical conditions, people who live in nursing homes and health care workers. Nasal spray vaccine should not be used on children younger than two years old.

The flu virus is spread through droplets from coughs and sneezes. The flu virus can be spread one day before and 5-7 days after symptoms develop. The best way to prevent getting the flu is to get the flu shot.

Symptoms of the

Flu

Fever

Headache

Extreme Tiredness

Dry Cough

Sore Throat

Muscle Aches

Nausea

Vomiting



Hottest New Trends!!!!

By Samantha Earley

New trend! It's a thing called Urbanzees. Cheap, plastic, doodads that come in all different shapes and colors. All of them about an inch tall, and about a half an inch across. They come out of gumball machines. And then you pop open their capsule. It's a fad in our school now, started by Vama Rao, and Samantha Earley. Some of them are rare, and some of them glow in the dark. Some have belly buttons, rib cages, fat bellies, razor sharp teeth, and broken hearts. Some have blank expressions, and some have happy, crazy, bored, and sad. There are eight different kinds of them. Colors range from white to neon green. You can make nifty houses out of cardboard boxes, and then put things inside, such as a bed, or chairs.

Riddle!

Big, small, orange, green, purple, yellow,
and any color you can think of.

Little wisps of color on the side, and one on the back and top.

Have you figured out what I am?

(Find out next newspaper!)



Christmas Crafts

By Dixie Law

Two Christmas crafts

1. Ornaments

What you need:

- a bowl
- flour
- salt
- water and
- a straw



What to do:

Mix together with your hands for five minutes it should turn into a dough like substance.

Get a cookie cutter in the shape of your choice.

Poke a straw into the top of the mold bake for 45 minutes. *And decorate!*

2. Snow globes

What you need:

- A glass jar
- Glitter
- Mineral oil
- Glue
- Figurine

What to do:

Fill a jar with mineral oil, then add glitter- glue

Glue figurine to the inside of the top. Then screw the top tightly to the bottom.

And *shake*.



Christmas Recipes By Sage Banta

Christmas Recipes for your Christmas Dessert
Have Fun and Enjoy!!

For this and other Recipes go to www.northpole.com an enjoyable kids website.

Candy Cane Cookies

From the kitchen of **Michelle Day**

Ingredients

1 cup butter or margarine
1 cup powdered sugar
1 egg
2 teaspoons vanilla
2 1/2 cups flour
1 teaspoon salt
1/2 cup finely crushed candy cane mixed with 1/2 cup sugar
1/2 teaspoon red food coloring

Directions

Mix all ingredients. Split dough into equal portions. Color one portion of the dough red. Refrigerate the dough long enough to be able to easily work with it. Break off one piece (approx. one teaspoon of each color) and roll by hand into four to five inch tubes. Twist the two pieces together and bend forming a candy cane. Sprinkle the top with the candy cane/sugar mixture. Be careful when removing from the cookie sheet, they will break easily. Bake at 350 degrees for 6-9 minutes



Candy Cane Cookies

Ho-Ho Hash

From the kitchen of **Hunter in Asheboro, NC (5 yrs old)**

Ingredients

1 bag holiday M&M's
1 bag chocolate chips
1 bag butterscotch chips
1 can cocktail peanuts
1 bag holiday marshmallows
1 box Christmas Capt Crunch cereal
1 box of Cheerio's cereal

Directions

Mix all ingredients together and ENJOY



Most Popular Dog Breeds in the U.S. 2010

By Christine S.

1. Labrador
2. German Shepherd
3. Yorkshire Terrier
4. Golden Retriever
5. Beagle
6. Boxer
7. Bulldog
8. Dachshund
9. Poodle
10. Shih Tzu



<http://unleashedunlimited.com/2010-most-popular-dog-breeds/>

Wolves Make a Comeback!

By Christine

Around the 1920s, wolves were nearly wiped out! Most people thought they were horrible creatures, taking away their "oh so *special*" livestock. Wolves were poisoned, trapped, and shot! Talk about cruelty!

By the 1970s, only about 500 wolves remained in the United States!



Finally, in 1973, the Endangered Species Act was passed, and, sure enough, wolves were on the list of animals that were in danger of becoming extinct.

In 1994, the Yellowstone Wolf Project was born. The goal was to reintroduce wolves to Yellowstone National Park, which is located in Wyoming, Idaho, and Montana.

A team from the U.S. Fish and Wildlife Service worked with trappers in Canada to find wolves that would adapt well in Yellowstone.

A total of 66 wolves were trapped in Canada and brought to the U.S. They were kept in pens for a while so that they

could form packs. Then, the packs were released and went off to find their own territories in Yellowstone.

The plan has been a success. Slowly, the number of wolves has increased.

Wolves were nearly destroyed thanks to humans, but now they are recovering thanks to humans...

But does that make up for all of the wolves' lives taken by man?

