

The Dolan Star

New Homework Policy

By: Shaun W.

Homework can be very overwhelming for students. To help with the problem there are new homework rules this year. If you get eight (8) missing or incomplete homework assignments during the quarter, the students will miss their privilege time each day they miss another assignment. Students who reach twelve (12) missing or incomplete homework assignments will spend their privilege time in the homework room. The students will spend their time in the homework room instead of the privilege area. The homework room will have teachers to help students in completing their homework. "If a student is meeting her/his behavior goals, she/he will still be able to advance system levels and earn incentives through the 'Pride' program," said Mr. Voigt. This means you can still get your subs and you can still listen to your iPods at lunch. "It's very helpful," said Nick S., a junior at Dolan Education Center.



Ways to be Successful in School

By: Nolan N.

Hi my name is Nolan, and I go to Dolan Education Center in Durand, Illinois. I am sharing ways that I have found to be successful in school. I have learned in the past that it is good to have some help every now and then. Most of these things I have learned from my mom. She has taught me a lot over the years about how to be the best I can be. By following these tips, it just might make your school year easier.

One of the ways that I prepare for my school day is to eat a healthy breakfast that will keep me going until lunch time. Next I pick out clothes that make me feel comfortable enough to learn. After doing this, I make sure I have all my schoolwork together and head outside to wait for the bus.

I enter the school with a confident attitude that I will do everything to the best of my ability. When I sit down at my desk I get out everything I will need for the class period. If there is a DOL on the board, it is always best to complete it to the best of your ability. When lunch time comes I walk in and wait to be called to wash my hands and eat. Once I am done eating, I take advantage of any time I have left to complete homework I have left. This will cause less stress later at home.

When I get home I finish any leftover homework right away. I do not want to come to school tired and cranky, so it is always best to shower and be in bed by 9:00. This ensures when I wake up I am ready to start my day. These tips should help you succeed in school.

Dolan Education Center

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Welcome to our first issue of The Dolan Star this year. This is going to be a quarterly paper letting you know about interesting facts around the school and the community. If anyone has any hot tips or suggestions for our future issues, please let Mr. Hopkins or Ms. M know.

Inside This Issue:

Homework Policy	1
School Success	1
Ms. Byl interview	2
Mr. H interview	2
Deforestation	2
Lineman tips	3
Bowling tips	3
Nolan's recipes	3
Movie review	4
Penguins	4
Durand Bulldogs	4

Questions for Mrs. Byl

By: Kory P.

- 1) How often should you wash your hands? "Every time you use the restroom and every time you touch your mouth or nose."
- 2) How do you prevent cross-contamination? "By not using the same utensils for different foods."
- 3) What is the point of wearing gloves while working with food? Why not just wash your hands? "Because you can't get all the germs off of your hands, and it is required by law."
- 4) What is better washing your hands with soap and hot water, or using hand sanitizer? "Washing your hands with soap and water. It gets more germs off."
- 5) What made you want to get into sanitation work?" Its part of the job. I needed to take sanitation classes to serve lunches."
- 6) Who is your inspiration? "My husband, my kids and my grandkids. I also enjoys seeing you kids at Dolan."
- 7) Did you always want to work at a school? "No I wanted to be a beautician because when I was a little girl I had a Barbie doll that had pretty hair that I liked to play with."
- 8) What year did you start working at Dolan? "I started working at Dolan in 2003."
- 9) If you had a choice how many more years would you like to work at Dolan? "At least five or six more years."

Mr. H Interview

By: Nolan N.

Nolan: What made you become a teacher?

Mr. H: I wanted to help kids and make a positive impact in people's lives; I also like PE and history.

Nolan: Do you enjoy teaching?

Mr. H: I love teaching, I love to get up and discuss subjects with the students.

Nolan: How long have you worked at Dolan?

Mr. H: This is my 16th year.

Nolan: What is your goal as a teacher?

Mr. H: My goal is to help students to be successful in life and overcome obstacles.

Nolan: What's your favorite thing as a teacher?

Mr. H: Getting to know my students and helping them.

Nolan: How do you feel when you know you've helped a student succeed?

Mr. H: I feel great. I love to see students come back after graduation and to see them be successful. I thank God that a student succeeds even after people said they couldn't.

Nolan: Do you plan to continue your teaching in the near future, if so, will you stay at Dolan?

Mr. H: My plans are to stay at Dolan for at least 5 more years. I want to stay in teaching. After teaching, I would like to get involved in missionary work or become a chaplain.

Deforestation

By: Nick St.



Above is an example of deforestation in Latin America

Many of the world's forests are being rapidly deforested. The FAO (Food and Agriculture Organization of the United Nations) estimates annual forest loss in developing countries at 33.8 million acres. Many ecologists believe that deforestation and global warming are directly linked. Forests help maintain the level of carbon dioxide (CO₂) in the atmosphere. As forests are cut down, CO₂ levels rise. CO₂ traps heat in the atmosphere; this causes the temperature to rise. Although the rate of global warming is relatively slow, many scientists believe that within fifty years the temperature may rise 4 degrees. This may seem like a small amount but many believe this could greatly affect the ecosystems of the world.



Bowling Tips

By: Nolan N.

Did you know that bowling is a reflex sport? According to expert bowler Tom Blasco, your body even acts like a robot. A good bowler will focus on these four keys: visualization, no negative thoughts, laser eye targeting, and use proper breathing. Bowling is a sport that takes a lot of time and skill to master. Anyone can bowl, but some have the ability to excel at it.

First you have to look at your target in front of you. Next you need to clear your mind and focus on where you want the ball to go. Then you need to lock on to your target and position yourself so you hit the target. Then breathe in a way that you are relaxed. Finally you throw the ball and watch the outcome.

Just because you are great athlete, doesn't mean you are going to be great at bowling. Bowling is not just a sport that you have to make sure you to good in, sometimes you can just go out there and have fun and goof around. So find a way that you like to play this sport and just go out there and have fun.

Fun Tasty Treats

By: Nolan N.

Have you ever been hungry when you get home from school and couldn't figure out what to eat? Well here is an interesting treat that is easy to make and only takes about 5 minutes to prepare. All you need is an apple, peanut butter, and granola. Slice an apple into crescents. Spread with peanut or almond butter and press granola on top.



The 8 Best Ways To Be a Successful Lineman!

By: Dane S.

Being a lineman is not very easy. In fact, it is probably the hardest job on the field. When you line up against the big defensive linemen, you are lining up against the biggest, and probably the strongest, players on the field. Below are tips by Matt Anderson.

Winning Points for Offensive Line Blocking

1. Get off ball quickly; anticipate snap count; explode from stance.
2. Keep shoulders low and square, back straight, neck bowed with head up; eyes focused straight ahead.
3. Keep feet on ground; plant power foot forcibly; generate power from ground up through legs and back.
4. Legs drive with short, choppy steps; maintain wide base.
5. Finish block with hip thrust and arm extension forward and upward until play ends.
6. When pulling, do not lean in direction of pull.
7. On double-team blocks, maintain hip-to-hip relationship, drive up and through defender; finish block together.
8. On combination blocks, both linemen start in one direction and determine blocking targets on the move.





From the left we have the Emperor penguin, the extinct penguin, *Inkayacu paracasensis*, and *Eudyptula minor* known as the Little Blue Penguin

Prehistoric Penguin

By: Shaun W.

I bet you've always thought that penguins have been black and white, but that is not the case. University of Texas paleontologist Julia Clarke found the remains of a 36-million-year-old penguin in Peru's Paracas national reserve. This was the first penguin fossil ever found with evidence of feathers intact. Like its present-day relatives, *Inkayacu paracasensis* was an expert swimmer. Unlike the present day penguin, it weighed more than a hundred pounds and wore a coat with reddish feathers. Clarke's team found the color last year after comparing the prehistoric feathers to the present day relatives. This part of Peru has had many significant penguin finds. Clarke and her team hope to find more prehistoric penguin clues in this national reserve.

Durand Bulldogs Head to Playoffs!

By: Dane S.

This is the first time in 7 years that the Bulldogs have made the playoffs. The Bulldogs finished off the season with 6 wins and 3 losses, after crushing the Warren Worriers 40 - 0. This Friday, Durand plays the defending state champions, the Lena Winslow Panthers, in the first round. If the Bulldogs can win the battle at the line, it will be a long game for the Panthers. Lena is also missing their star running back, due to a dislocated elbow. It will be a great game watch, so come support your Durand Bulldogs! The game is at 1:00 P.M. Saturday, the 29th, in Lena.



Movie Summary of The Lord Of The Rings

By: Zach W.

The Lord of the Rings trilogy was filmed between 2001 and 2003. If you like medieval movies, I recommend that you watch this series. These movies have won many awards. The following is a summary of The Lord of The Rings.

There is peace in the shire until Bilbo Baggins uses this ring at his party. He then gave the ring to Frodo who is his nephew. This ring has one master and answers to no others. Frodo has to leave the Shire and little did he know that he would be taking an adventure of his own. He has a companion that was helpful to him on the way to destroy the ring in Mount Doom. That is the one place that is was forged and is the only place it can be destroyed. They have to stop at the Prancing Pony to meet Gandalf which is the only good wizard. He goes to seek help from a higher wizard that turns to the dark side. Meanwhile Frodo, Sam, Marry, and Pippen meet a ranger that is known as Rider. Rider takes them into the wild because the riders in black came after Frodo and the ring. Frodo, Sam, Marry, and Pippen have to take the ring to Rivendale which is the house of the elves. Then Rider joins them and leads the way to Rivendale. They leave Rivendale with Legalos an elf, Gible a dwarf, Gandalf, rider also known as Aragorn, Sam, Frodo, Pippen, and Marry.

In the second movie, Frodo and Sam have left the rest of the people and are lost in the mountains. They meet Golem, which is the creature that used to be a Hobbit. The ring took his life and his friends away from him. He tries to kill Frodo because he has the ring. Sam beats Golem up and ties him to the elf rope. Frodo asks Golem if he knows the way to Mount Doom. Meanwhile, Aragorn, Legalos, and Gible pursue the Orcs because the Orcs took Marry and Pippen. The battle of Helms Deep shook the faith of the people of Rohan. The king of Rohan tries to keep the Orcs out of the great fortress of Rohan. Aragorn, Legalos, and Gible are in this great battle.

Finally, in the third movie Frodo and Sam get the ring to Mordor, but they are delayed until Aragorn and the rest of mankind create a diversion for Frodo. Frodo and Sam take the ring and try to destroy it, but Golem tries to kill Frodo. He bit Frodo's finger off. Frodo tossed Golem off the side of the cliff into Mount Doom.

This has been a summary of The Lord of The Rings. If you like this summary, you need to watch this movie series. This is the highest grossing film made in the year of 2003. It is a good medieval times movie series.