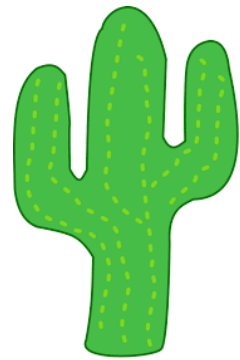


In Arizona if you cut down a cactus you will be penalized up to 25 years in jail it is similar to cutting down a protected tree species



VMS NEWS *Edition #1*

Stars can't shine without the dark.

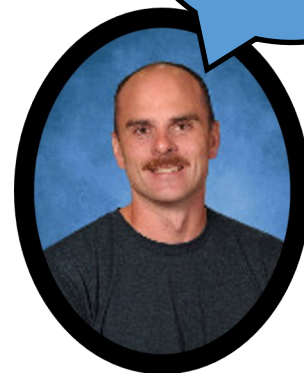
~Anonymous



Sport Fact

In 1923, a jockey suffered a fatal heart attack, but his horse finished and won the race, making him the first and only jockey to win a race after death

YOU MISS 100% OF THE SHOTS YOU DON'T TAKE. ~Wayne Gretzky



Mr. Falk's favorite quote.

Iceland does not have a railway system



What's Inside?

1. Welcome
2. Banana Oat Pancake Recipe
2. Terrific Turtle Bars Recipe
3. Interview with Mrs. Gibson
3. Book Review
4. Book Reviews
5. Interview with Mr. Herrin
5. Facts
6. Comics
7. Comics
8. Newspaper Conclusion

welcome

By Ella L.

Welcome, everyone, to the very first VMS newspaper! Okay, this might be the third. Last year, our team was able to complete two awesome issues, filled with comics, recipes, Q&A's, book reviews and, of course, the Welcome. Hey, this year is even better! We have all new articles for all of you! I know all of you are excited to get started on reading this binge-worthy newspaper, but first I need to tell you something awesome: If you join us on Tuesdays at lunch, (yes, every lunch), then you can be a part of the newspaper! Have your name printed for your friends to see! Get involved! Make this group awesome with your insight and ideas! You can even get to know some other people. Not to mention that you get your very own copy. So, come to Mrs. Holford's portable at lunch to join the fun. For now, though, read on!



SUBMISSIONS WELCOME!

If you'd like to submit a comic, piece of writing, or something else to the newspaper, please email or give to Mrs. Holford. (jody_holford@sd33.bc.ca)

Thanks to FVCP for helping us get out news to students and staff in color.

PARTICIPATION & EXCELLENCE

Credits

Photographs	Vedder Middle Website	Book Review	Amy H.
Welcome	Ella L.	Book Review	Ella L.
Interview	Ella L.	Book Review	Brenna T.
Interview	Amy H.	Recipe	Vanessa F.
Comic	Evan F.	Quotes	Paige E.
Comic	Cade B.	Fun Facts	Josiah S.
Comic	Maverick C.	Recipe (Pancakes)	Unknown

Hey, Vipers! Want to see your work in the VMS News? Submit it to Mrs. Holford through Office 365 or come to the Newspaper Club on Tuesday's at lunch in Mrs. Holford's portable.

Banana Oat Pancakes

Sweetened with banana and made with oats instead of flour, these tasty pancakes have a light and fluffy texture.

Serves: 4

Prep Time: 10 minutes

Cook Time: 10 minutes



Ingredients:

- 1 cup (250 mL) rolled oats
- 2 eggs
- 1 ripe banana
- 1/2 cup (125 mL) almond milk
- 1/4 cup (60 mL) canola oil, divided
- 1 1/2 tsp (7.5 mL) baking powder
- 1/2 tsp (2.5 mL) vanilla extract
- 1/4 tsp (1.25 mL) ground cinnamon

Toppings (optional):

- Plain Greek yogurt
- Almond butter
- Honey
- Raspberry Jam
- Strawberry Jam
- Diced Apple
- Diced Pear

Instructions:

1. Place oats, eggs, banana, almond milk, 1 tbsp (15 mL) oil, vanilla, and cinnamon in a blender.
2. Puree until smooth, then let sit for 1 minutes
3. Preheat large non-stick skillet or griddle over medium heat.
4. Brush pan with remaining oil.
5. In batches, pour about 1/4 cup (60 mL) batter per pancake into skillet, spacing well apart.
6. Cook, turning once, for 3-5 minutes or until golden brown.
7. Wipe skillet between batches and brush with more oil as needed,
8. Serve pancakes with choice of toppings, if desired.

<https://www.ambitiouskitchen.com/banana-oatmeal-pancakes/>

Terrific Turtle Bars

Submitted by Vanessa F.

These turtle bars are so delicious and are perfect for Christmas treats or for after dinner desert!

Ingredients:

For the crust layer:

- 2 cups of flour
- 1 cup of packed brown sugar
- 1/2 cup of butter plus 2 tablespoons, softened
- 1 1/2 cups pecan halves

For the caramel layer:

- 2/3 cup of butter
- 1/2 cup of packed brown sugar

For the topping:

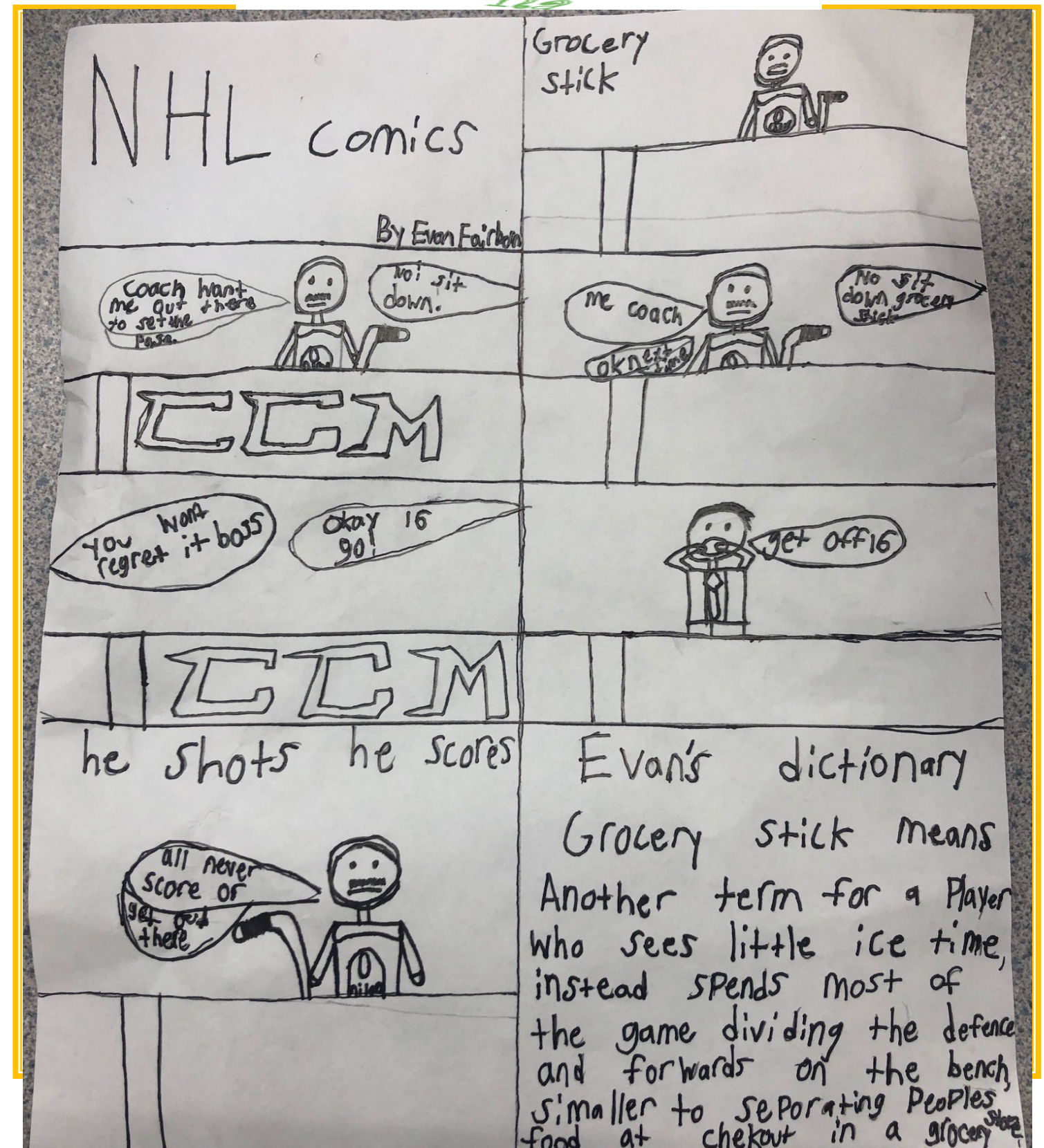
- 12 ounces of semi-sweet chocolate chips

Directions:

1. Preheat the oven to 350 degrees
2. Stir together the flour and brown sugar. Cut in the butter until the mixture resembles fine crumbs
3. Pour the mixture into the baking dish (9 x 13 inch baking pan, coated with parchment paper.). Pat it down evenly.
4. Sprinkle the pecan halves evenly over the crust.
5. Now make the caramel layer. Put the butter and brown sugar in a saucepan. Cook over medium heat, stirring constantly, until the entire surface bubbles.
6. Have an adult helper pour the hot caramel over the pecans, or be VERY careful if choosing to do it on your own.
7. Bake for 18 to 22 minutes. The entire surface of the caramel should be bubbling.
8. Place the pan on a cooling rack. After 5 minutes, sprinkle chocolate chips over the caramel layer. When the chocolate has melted, spread it over the entire surface. Cool completely before cutting the bars.



Hee Hee
ha ha
he he



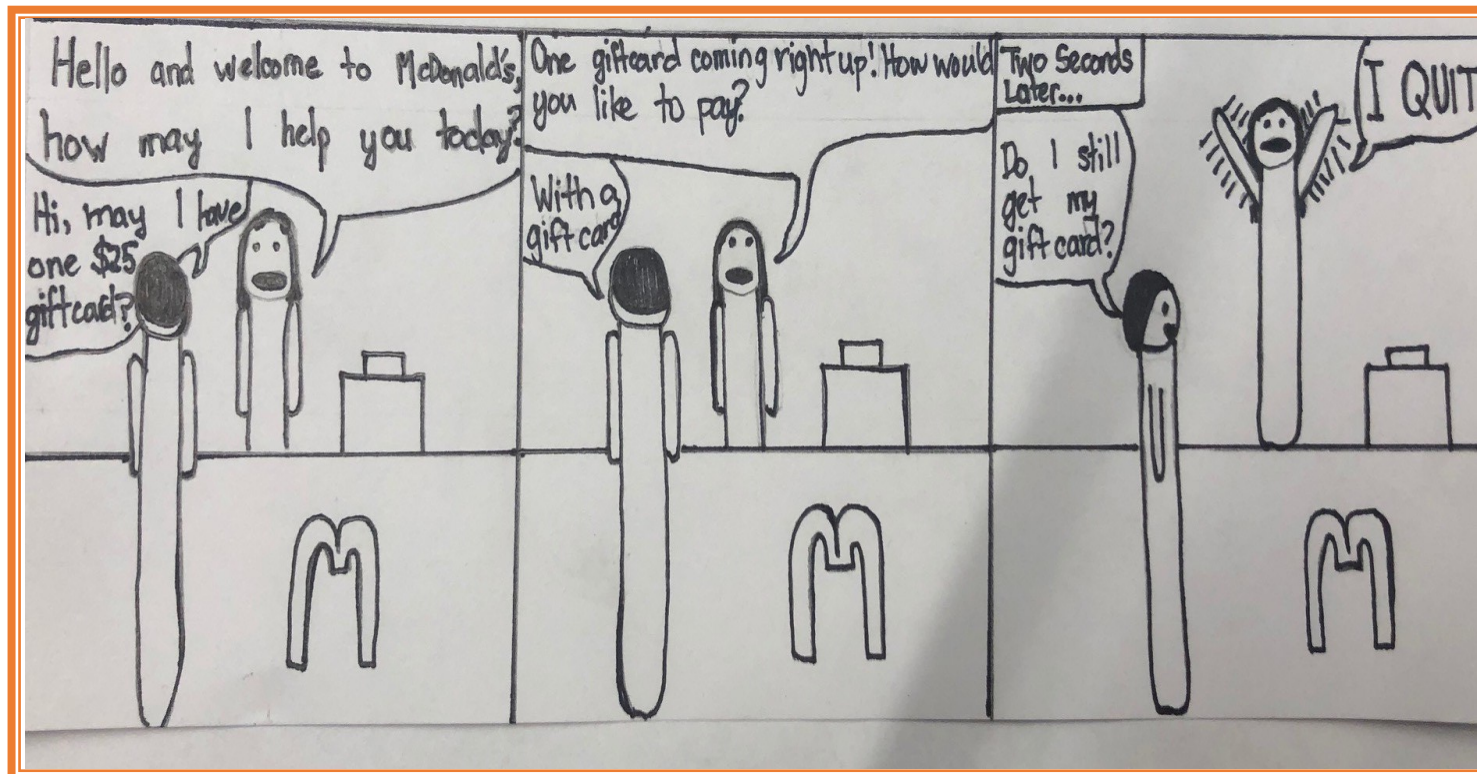
By Evan F

THE FUNNIES



Top comic by Cade B.

Bottom comic by Maverick C.



Together we can do great things. ~ Mother Theresa

Interview with Mrs. Gibson

By: Ella L



1. How long have you been teaching?

Mrs. Gibson: This is my fifth year.

2. What's your favourite thing to teach?

Mrs. Gibson: Social Studies (S.S.)

3. How long have you been at VMS?

Mrs. Gibson: Two and a half years.

4. What makes VMS different from other schools?

Mrs. Gibson: VMS has great camaraderie (people working together).

5. What extra clubs/activities do you offer in your area?

Mrs. Gibson: I worked with the golf team last year, and I did a chess team.

6. What is your favourite after-school activity?

Mrs. Gibson: Going for walks and reading.

7. What's your favourite animal?

Mrs. Gibson: Panda bears are my favourite.

8. What's your favourite drink?

Mrs. Gibson: Pink lemonade is my favourite drink.

9. If you could trade jobs with any person here for one day, who would it be?

Mrs. Gibson: With any LA teacher, maybe Ms. Olson, because I could work with lots of students one on one

10. What would you do if you were king or queen for a day?

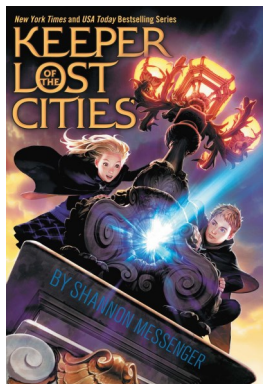
Mrs. Gibson: I would go visit a refugee camp to give attention to it. I would also fly to a different places, to see a lot of different places. The last thing I would do would be to sit in on parliament.

Book Review

By Brenna T.

KEEPER OF THE LOST CITIES BY SHANNON MESSENGER...

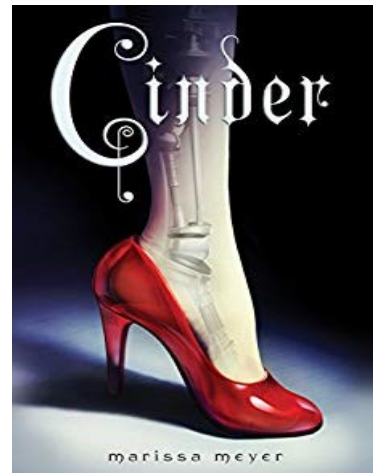
I loved this series because it was so real, you just felt like you were in the story. Messenger has concocted a world so realistic, you would think it's true. The story is about a girl named Sophie, and she's a prodigy in senior classes, though she's twelve years old. She has a secret: Ever since she was five, she could read minds. She never felt like she fit in with everyone else. She thought she would always be different. But one day, her life changed forever. She went on a field trip to the museum with her school and she found a boy with teal eyes. He seemed normal, except for one thing: she couldn't read his mind. He showed her who she really was. Beautifully written, this book series could just be what you are looking for.



Book Review

By: Ella L.

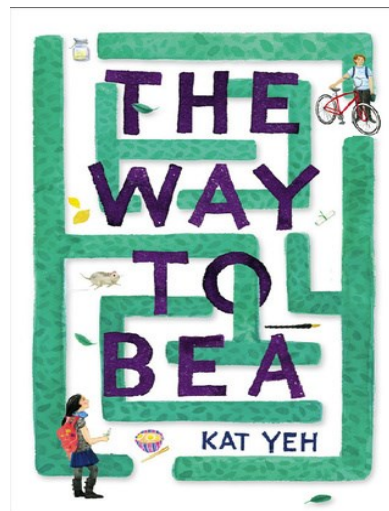
CINDER BY MARISSA MEYER..... Meyer takes you to a futuristic world, set one hundred years after the World War 4. Set in New Beijing, the Common Wealth. There lives Cinder, a cyborg teen living in an apartment with her guardian and two step-sisters. When she is blamed for her sister, and only human friend, contacting the plague, she is 'volunteered' for testing, an 'honor that no one survives. Soon, the doctors find something about Cinder that others would kill for. Meyer's four book series explodes into worlds of Cinder, Scarlet, Cress, and Winter, along with a small book filled with multiple short stories. All set in the same world, the stories twine together into a spine-tingling series of courage, acceptance, and fairy-tales.



Book Review

By: Amy Holford

THE WAY TO BEA BY KAT YEH.....Beatrix Lee, preferred to be known as Bea, has a hidden talent for poetry. Hidden, as in, not being able to be viewed by the human eye, her secret is invisible ink. She may stand out, and not for good reasons, and she may be adjusting to the changes in her life, but nothing surprises Bea more than when someone begins to write back to her poems. It could be many people, but along the way of discovering who it is that is writing back to Bea, she discovers herself. Charming, beautifully written, and characters who connect with you, this book deserves a good spot on any shelf. Seventh grade isn't always easy, especially when you have no friends to help guide you through, and everyone knows reaching out to others isn't always easy. This book shows that when you start to let your guard down, you may find someone who understands you because they go through the same things as you.



Did you know?

⇒ If a Polar Bear and Grizzly Bear mate, their offspring is called a Pizzly Bear

Did you know?

⇒ At birth, a baby panda is smaller than a mouse

Interview

By: Amy Holford

1. How long have you been teaching?

Mr. Herrin: 21 years.

2. What's your favourite thing to teach?

Mr. Herrin: Probability.

3. How long have you been at VMS?

Mr. Herrin: 12 1/2 months.

4. What makes VMS different from other schools?

Mr. Herrin: I'm here.

5. What extra clubs/activities do you offer in your area?

Mr. Herrin: Math Support, and coaching Grade 8 soccer.

6. What is your favourite after-school activity?

Mr. Herrin: Coaching soccer.

7. What's your favourite animal?

Mr. Herrin: Cats, I have a kitten and a full-grown cat.

8. What's your favourite drink?

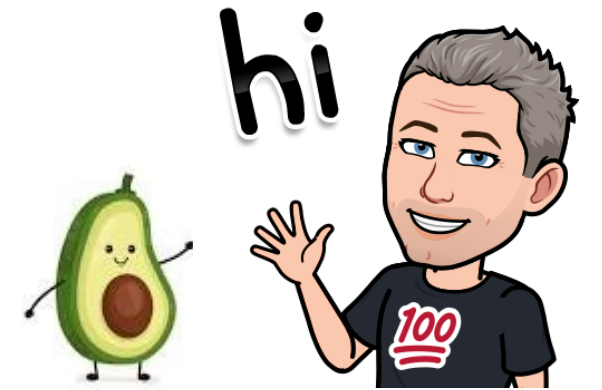
Mr. Herrin: Coffee.

9. If you could trade jobs with any person here for one day, who would it be?

Mr. Herrin: The Nighttime Custodian

10. What would you do if you were king or queen for a day?

Mr. Herrin: Eat fancy avocado on expensive toast with a golden knife and fork (said with a fake British accent)



Did you know?

⇒ If you point your car keys to your head, it increases the remote's signal range. This works by using your brain as a radio transmitter

Did you know?

⇒ The only letter that doesn't appear on the Periodic Table is "j"