

SAYDELPHIC

DECEMBER 14, 2018 - ISSUE 2 VOLUME 61



Saydel High School
<http://www.saydel.k12.ia.us/>
5601 NE 7th Street
Des Moines, IA 50313
(515) 262-9325

HAPPY HOLIDAYS!

The best holiday movies to watch on break!

by Alyssa Monroe



The Grinch! The classic story with a new remake. The Grinch, along with his loyal dog named Max, live a lonely life inside a cave on Mount Crumpit. The Grinch is angry during Christmas time when his neighbors in Whoville celebrate the holidays. When the Whos decide to make Christmas bigger and brighter, the Grinch realizes there is one way to gain peace and quiet. With help from Max, he creates a scheme to pose as Santa Claus to steal Christmas.

National Lampoon's Christmas Vacation! If you want a funny family movie, this will be perfect for you and your family and friends. This movie is about Clark Griswold wanting to have a perfect family Christmas. He hounds his wife named Ellen and his children as he tries to make sure everything is perfect including the tree and house decorations. Things go bad when his country cousin, Eddie, and his family show up uninvited and start living in their camper. Even worse, Clark's employer ruins the holiday bonus he needs.



Home Alone! Yet another classic from any childhood, this movie is about 8-year-old Kevin McCallister who gets in trouble the night before a family trip to Paris. His mother makes him sleep in the attic. After the McCallisters mistakenly leave for the airport without Kevin, he wakes up to an empty house and his wish to have no family has come true. But when he realizes that two con men plan to rob the McCallister home, he must protect the house.

The Santa Clause! A four part sequel to binge watch this winter break; this is about a divorced dad named Scott who has a son. On Christmas Eve, after he accidentally kills a man in a Santa suit, they are sent to the North Pole, where an elf explains that Scott must take Santa's place before the next Christmas arrives. Scott thinks he's dreaming or going crazy, but over the next several months, he gains weight and grows a white beard. He realizes that this is not a dream, and he becomes Santa.



CHRISTMAS D.I.Y

CHEAP D.I.Y PRESENTS FOR EVERYONE

by Emma Lame

HOMEMADE SNOW GLOBES

- small glass jar
- a plastic figurine
- glycerin (optional: while it's not necessary, it makes the glitter float better)
 - glitter
 - water
- glue (we used a hot glue gun, but superglue should work too)

Decide what you would like to put in your snow globe.

Glue, place, and stick your plastic figurine to the inside of the jar lid.

Fill your jar with water and/or glycerin and add glitter
Screw the lid on the jar



CANDY CANE HOT COCOA

- 1-1/3 cups instant chocolate drink mix
- 1-1/3 cups chocolate malted milk powder
 - 1/3 cup baking cocoa
 - 1 cup confectioners' sugar
- 6 tablespoons powdered nondairy creamer
 - 3 cups nonfat dry milk powder
- 1-1/2 cups miniature semisweet chocolate chips
- 1 cup crushed candy canes (about 40 mini candy canes)

In a large bowl, mix chocolate drink mix, malted milk powder and baking cocoa. In another bowl, mix confectioners' sugar and creamer.

In each of four 1-pint canning jars, layer 3/4 cup nonfat dry milk powder, 3/4 cup chocolate mixture, 3 tablespoons chocolate chips, 1/3 cup confectioners' sugar mixture, 3 tablespoons chocolate chips and 1/4 cup candy canes, pouring ingredients through a large funnel or a waxed-paper cone. Serve with hot water or milk.

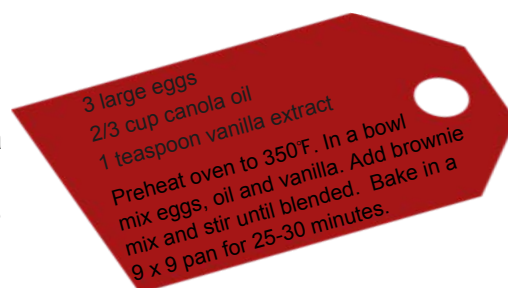


SAND-ART BROWNIES

- 1 cup plus 2 tablespoons all-purpose flour
 - 1/2 teaspoon salt
- 1/2 teaspoon baking powder
 - 1/3 cup baking cocoa
 - 2/3 cup sugar
- 2/3 cup packed brown sugar
- 1/2 cup semisweet chocolate chips
- 1/2 cup milk chocolate M&M's

Combine flour, salt and baking powder. In a 1-qt. glass container, layer flour mixture, cocoa, sugar, brown sugar, chocolate chips and M&M's, packing well between each layer.

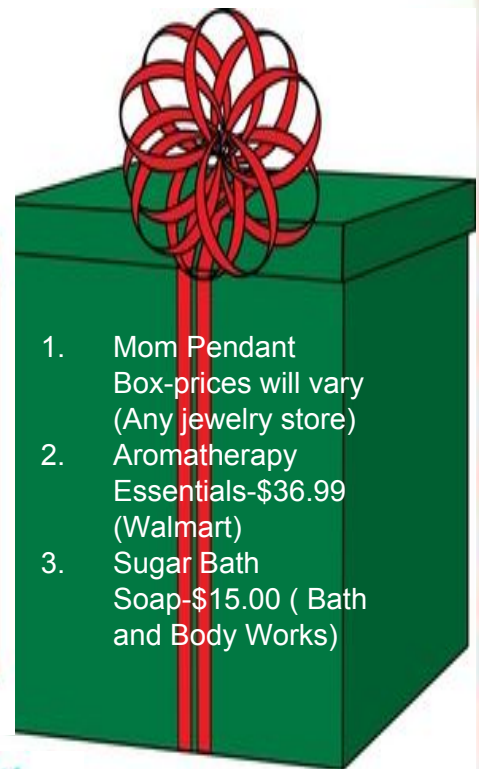
Add the following gift tag to the outside of the jar. (It contains additional ingredients and baking instructions).



Christmas Gifts

Low-priced gifts to get moms for Christmas!

by Kathryn Paulsen



Holiday Traditions

Do you have a favorite holiday tradition?

by Casey Campbell

Whether it be buying gifts for children in need, curling up to a cheesy movie on Christmas Eve, or going out to see the holiday lights, everyone has a little something that makes this time of year unique and special.

For me, the holidays start off with a Christmas Eve that is hard to forget. My family and I dress up in the ugliest Christmas sweaters we can find and get together to show them off. We've sported everything from a llama suit to an ugly sweater-themed hockey jersey-- so who knows what this year will bring.

And for senior Jaelynn Myers, her special holiday tradition is baking cookies with her grandma. "Every year my grandma and I bake hundreds of different kinds of Christmas cookies and then we put together cookie trays and send them out to people who are close to us," says Jaelynn. She loves every aspect of this tradition, and even though she has just recently started delivering them along with her grandma, it is her favorite holiday-themed activity.



Saydel Blood Drive

How Donating Helps

by Dylan Thompson

On November 27, Saydel High School hosted the fall blood drive. Twenty members of the high school community signed up to participate in the blood drive, of which fourteen were eligible to donate. Of the fourteen people who donated, most were first time donors. Fifteen units of blood were taken, and with that blood up to forty-five people could be saved or sustained.

Mrs. Brenda Brown, student council advisor, gave information about the blood drive. When asked about the cost to Saydel, she stated, “Nope, [it] doesn't cost the school a thing. Liveserve does everything: they pay for the equipment, the snacks, they pay for everything.” Mrs. Brown said, “Since I have been a blood donor since college, when I started running student council, I told the students we should do a blood drive.” The blood drive has been a long-standing tradition at Saydel.

Senior Maddie Jones shared her thoughts about the blood drive: “I participated because the thought of donating my blood for either research or people in need makes me feel happy knowing I helped someone. I've donated before, and I'll probably continue to donate.”



Senior Maddie Jones sits while waiting to give blood.



Sophomore Taylor Clark looks at her phone while giving blood.



Winter Time is Here

by Landon Leach.



CALLIE BREEDEN

What is the most fun thing you do in the winter?
"Sledding with friends"

What is your favorite memory of past winters?
"I built an igloo with my brother."

What are some of the things you enjoy doing in the winter?
"Sleep, cry, and drink a lot of hot chocolate."



AMAL KUMAR

What is the most fun thing you do in the winter?
"I make music in the winter because that's when I have more time."

What is your favorite memory of past winters?
"Having Christmas parties and having a good time with my family"

Do you like winter? What are some of the reasons?
"I like winter because I can watch movies and just relax."



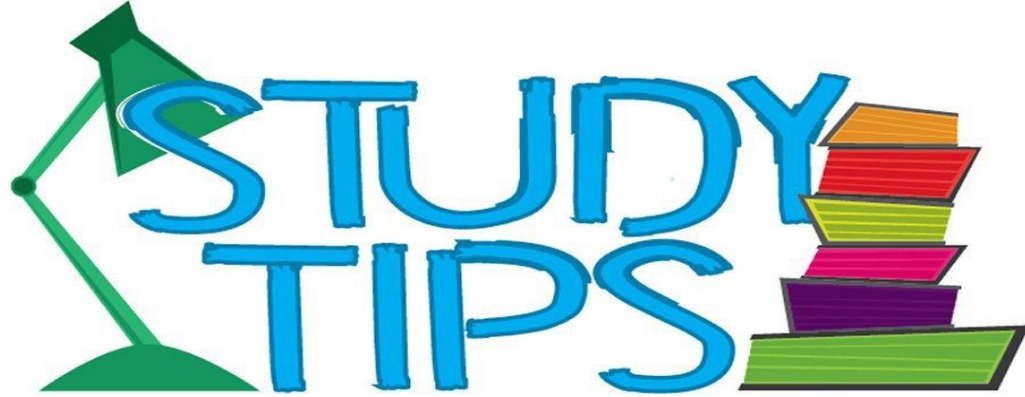
ROBERT CLINTON

What is one thing you like about winter?
"I like the winter because I like Christmas, but I hate the snow."

What is your favorite memory of past winters?
"I like to go snowboarding."

What is one thing you do not like about winter?
"I don't really like winter because it is cold."





HOW TO STUDY 101

by Katie Plascencia

High school is full of many tests and quizzes, but one thing that stresses students out the most is finals week. Finals week is soon approaching and the students are beginning to feel the stress. I interviewed junior Rylee Starnes about studying and finals. One question I asked was if it would be helpful to have study tips and she said, "I think it would be helpful because students usually don't study. They don't know what to do [how to study], so they don't." Studying is something that is difficult for most students. Ms. Bethany Kula a math teacher says, "I didn't study very much in high school, and my first year of college was a wake-up call." I also interviewed senior Darian Garcia and ELP teacher Mrs. Cheryl Smith, and they gave advice about how to study. Below is a list of tips that you should do and a list of things you should not do.

Study skills are important for students as they begin to prepare for finals. Senior Darian Garcia has taken many classes at Saydel and some college classes in her high school career. She says, "And for those studying for the first time, just break it into pieces so it isn't so overwhelming." She is one of many people who can help you if you have trouble studying. Ask your teachers, other students, and your parents; they are all willing to help you study and get good grades. In addition, the chart below highlights some do's and don'ts when striving to develop strong study skills.

DO'S

- Write down notes during class.
- Put notes into your own words and refine them.
- Space out studying time.
- Take breaks.
- Test yourself frequently.
- Mix levels of difficulty when studying.
- Have something that brings you joy when you are studying. (color coding your notes, having food, lighting candles.
- Plan your study times and stick to them.

DON'TS

- Don't study on your bed (or other comfortable places).
- Don't cram. (You won't retain anything).
- Don't listen to music, silence is better.
- Don't allow distractions.

BOCCERBALL

Soccer and basketball come together for some fun

by Destiny Butters

WHAT IS BOCCERBALL?

- Boccerball is a mix between both soccer and basketball. The game starts off with a tip off, just like in basketball. Then, if the ball is dropped, it must stay on the floor unless kicked up to another player or played off the wall. Then, once you have the ball in your hand, you can only take two steps before you have to pass it.



1. Junior Kobe Moriarty goes to kicks a goal! 2. Mrs. Becky Epane looks to pass to her teammate Junior Joey Hill. 3. The Underdogs pose for a picture after they won the championship game.



WINNERS!!



- The Underdogs: Colton Myers, Billy Burr, Skyler Cardenas, Logan Carney, Ray Gist, Joey McClay, and Emma Van Zandt had a tough fight to get this win. Yet, they never gave up and they ended on top winning the championship game versus the Ringtingers 24-17.

FLYING BUTTRESSES

underDOGS

BEFORONIE

FRESHMEN

MANAGEMENT

YEEHAW

RINGTINGERS

we run THIS PLACE

underDOGS

BEFORONIE

MANAGEMENT

RINGTINGERS

underDOGS

RINGERTINGERS



underDOGS





Winter Recipes



Recipes that will add more flavor to your winter

by Carolyn Rose

Bacon Wrapped Smokies

Recipe from: [bacon-wrapped-smokies](#)

Total time: 1 hour 30 minutes

Makes: 16 servings

Ingredients

- 1 pound of sliced bacon (cut into 3rds)
- 1 (14 ounce) package of beef cocktail smokies
- $\frac{3}{4}$ cup of brown sugar

Directions

1. Preheat the oven to 325°F.
2. Refrigerate the bacon until needed. It is easier to wrap the smokies with cold bacon. Wrap each smokie with a piece of bacon and secure with a toothpick. Place on a large baking sheet. Sprinkle brown sugar generously over all.
3. Bake for 40 minutes in the oven, until the sugar is bubbly. To serve, place the smokies in a slow cooker on the low setting.

Caramel Brownies

Recipe from: [caramel-brownies-2419236](#)

Total time: 3 hours 10 minutes

Makes: 16 brownies

Ingredients

- 1 cup (2 sticks) of butter
- 5 ounces of unsweetened chocolate
- $\frac{1}{4}$ cup of unsweetened cocoa powder
- 2 cups of granulated sugar
- 1 tablespoon of vanilla
- 3 large eggs
- 1 $\frac{1}{4}$ cup of all purpose flour
- 7 ounces of dulce de leche
- Powdered sugar (to sprinkle on top)

Directions

1. Preheat the oven to 350°F. Grease an 8-by-8-inch baking pan.
2. In a medium-large saucepan, melt the butter with the chocolate over low heat, whisking occasionally until smooth and melted. Sprinkle in the cocoa powder and whisk to combine. Allow to cool for about 10 minutes.
3. Stir in the granulated sugar and vanilla until combined. Stir in the eggs. Gently stir in the flour until halfway incorporated. Pour the batter into the prepared pan.
4. Place the dulce de leche in a glass bowl. Warm it in the microwave for 30 to 45 seconds. Drop large dollops of dulce de leche on the surface of the brownie batter. Use a knife to slowly swirl it through the batter.
5. Bake for 40 minutes, then check the brownies with a toothpick. If they are overly gooey/messy, return to the oven for 5 to 10 more minutes (just be careful not to burn the edges). Allow to cool completely (important!), then sprinkle with powdered sugar and cut into small squares.

Homemade Hot Chocolate

Recipe from: [homemade-hot-cocoa](#)

Total time: 15 minutes

Makes: 5 cups

Ingredients

- $\frac{1}{2}$ cup of sugar
- $\frac{1}{4}$ cup of baking soda
- Dash of salt
- $\frac{1}{3}$ cup of hot water
- 4 cups of milk
- $\frac{3}{4}$ teaspoon of vanilla extract

Directions

In a saucepan, combine sugar, cocoa and salt. Add water; bring to a boil. Cook and stir for 2 minutes. Stir in milk; heat to serving temperature (do not boil). Remove from the heat; stir in vanilla. Whisk until frothy. If desired, garnish with marshmallows, cream or cinnamon sticks.



MAX'S DINNER

National Honor Society's most recent service project in honor of late Saydel student, Max Druhl.

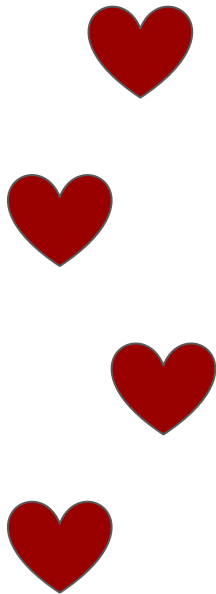
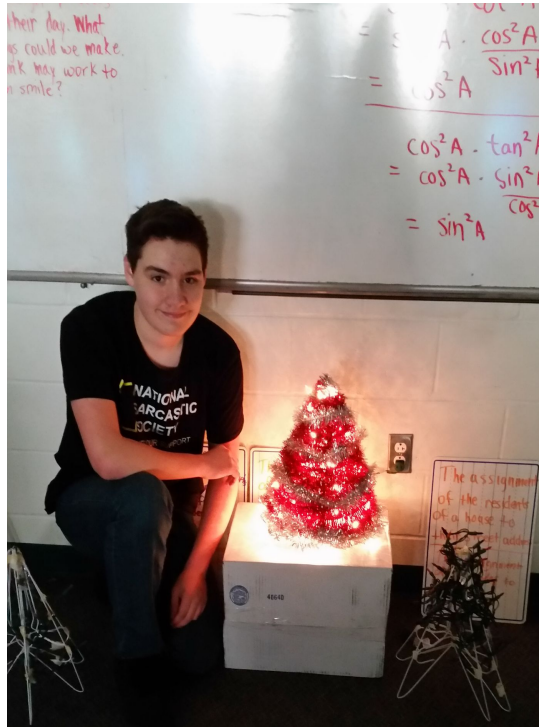
by Reilly Aagesen

"I know funerals are costly and I thought about any way I could help. This made sense," says senior Caleb McCoy, who organized Max's Dinner as a way to fundraise for the late Saydel student's family.

Brought up in a National Honor Society meeting in early November, students belonging to the Eagle Chapter of the honor club wanted to honor Max Druhl and help his family in any way they could. Starting as an idea for a massive spaghetti dinner, Caleb McCoy led NHS members in the task of putting on this event. When an opportunity to ask Smokey D's for a donation came up, Caleb jumped at the chance. "It was really cool for Fareway to donate chips and Smokey D's to donate the meat. I also want to recognize Capitol City Church for providing the space and beverages, huge thank you to them!" Caleb recounts.

The event was a huge success according to Katie Plascencia, who helped organize and serve food at Max's Dinner. "It went really well and there were a lot of people that came out to support and volunteer," Katie says. In a few short hours, NHS collected over \$500 for Max's family from the community. Everyone from Max's friends to teachers to grandparents of his friends came out for a \$5 Smokey D's plate and a good time.

"It was really good to see all the people who turned out for this," says Caleb McCoy. All in all, Max's Dinner was a great idea to honor a great student.



The Eagle Community

A Small School with a Big Heart.

by Gracie Bear

“I wouldn’t want to call anywhere else my home,” says Caleb McCoy, a senior who has gone to Saydel since kindergarten. He expresses his gratitude for Saydel by saying, “I can’t say enough good things about our community...I think Saydel has one of the tightest communities out of anywhere that I’ve ever seen.” Being a student at Saydel or a part of the community is an experience like no other. A small school is a wonderful place to spend your last years of childhood. Kobe Moriarty, a junior, who moved to Saydel from Lincoln this year says, “My favorite thing about Saydel is everyone knows everyone.” The saying “everyone knows everyone” is a big aspect of Saydel. It is common to walk down the hallways and see all the faces of your peers and friends and be familiar with everyone. In some cases, students begin school together at age five and grow up together creating that small town effect.

Saydel’s community is more than just walking down the halls and knowing everyone. On November 17, Cornell hosted free haircuts for anyone in the community in need. “It is important to give back to the community,” says Sabrina Birnbaumer a hair stylist who also organized the event. At the event, 7 volunteer stylists completed 75 haircuts on both adults and children. “The turnout is the biggest I have ever experienced at an event I have worked,” says Birnbaumer. They also had many donations from other organizations inside the Saydel District, like cookies and other snacks from staff, winter gear from community members, and extra volunteers to lend a helping hand. “It shows how much Saydel cares about their families and the community,” Birnbaumer expresses her gratitude for the Saydel community for helping out and making it a great experience for the community.

When tragedy hits Saydel everyone comes together and supports one another. At the beginning of November junior Max Druhl passed away. Through all the tears and broken hearts, Saydel pulled together and became one. For instance, FCA planning a

candlelight vigil and NHS planning a pulled pork dinner for the family to Spirit Squad dedicating a student section theme during a basketball game to Max. On December 4, the theme for the basketball game was a blackout, and Spirit Squad handed out red hearts. “We wanted to do this to honor the fact that Max had heart disease and raise awareness,” says Senior John Seuferer, a member of Spirit Squad. “We thought something needed to be done to show support for Max’s family,” says Seuferer expressing why Spirit Squad wanted to do this.

“We are still getting closer,” McCoy says. Just because Saydel is a small school does not limit us. When all of the community comes together, nothing can hold us back.



Above: Cheerleaders lead the student section in the cheer “Burr” during the game on December 4.



Left: Sabrina Birnbaumer cuts a community members’ hair during the Free Holiday Haircuts event.

Saydel Winter Athletes: Up and Coming

by Natalya Wheeler



Wrestling: Bennett Durham

What skills does this athlete hold that stick out to you?

“Always willing to learn new things, hard on himself, and always persevering” -Coach Wilson

What is one word you would use to describe the energy or vibe this athlete brings to the team? Why?

“High-energy, he’s unrelenting, hard on himself, and always wants to get better.” -Coach Wilson



Wrestling Cheer: Katelyn Anderson

What skills does this athlete hold that stick out to you?

“Since wrestling has started, she has worked really hard to get to know cheers, very proactive.”
-Coach Kula

What is one word you would use to describe the energy or vibe this athlete brings to the team? Why?

“Committed, ready for every practice; Stands out as a leader” -Coach Kula



Basketball Cheer: Taylor Perry

What skills does this athlete hold that stick out to you?

“Really strong leader, teaches other cheerleaders cheers, leads warm ups well” -Coach Rogo

What is one word you would use to describe the energy or vibe this athlete brings to the team? Why?

“Positive, always smiling and happy” -Coach Rogo



Boys Basketball: Camden Lo

What skills does this athlete hold that stick out to you?

“Great quickness: He handles the ball well, he can score, he can defend, and he is very aggressive with the ball in his hands.” -Coach Hemming

What is one word you would use to describe the energy or vibe this athlete brings to the team? Why?

Toughness: took a hard shot from a player; I looked over to make sure he was ok--he just smirked and popped right up and went to the line.” -Coach Hemming



Girls Basketball: Orianna Martin

What skills does this athlete hold that stick out to you?

“Puts skills to use; If she grows, the sky is unlimited.”
-Coach Flemming

What is one word you would use to describe the energy or vibe this athlete brings to the team? Why?

“Don’t quit attitude, comes into a losing game like it’s a tie, great attitude and energy”
-Coach Flemming

Favorite Christmas Songs

by Emily Chiles

“Winter Wonderland” by Michael Buble

“Last Christmas” by Wham

“Let it Snow” by Dean Martin

“Holly Jolly Christmas” by Burl Ives

“My favorite Christmas song is ‘I Want a Hippopotamus for Christmas’ because it was my favorite game when I was younger--especially during family time at Christmas.”--Brooklyn Jurgensen, freshman

“My favorite song is ‘Last Christmas’ by Ariana Grande because it's got a really good tune to it and I love her music.”--Sierra Coe, senior

“My favorite Christmas song is ‘Last Christmas’ by Taylor Swift because it is catchy, joyful, and I just love it.”--Brenna Vitiritto, junior

NEW YEAR'S RESOLUTIONS

Students share their aspirations for the upcoming year

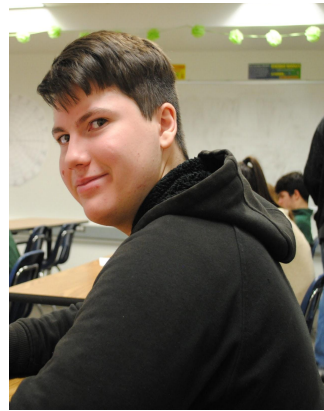
by B'Elanna Trulove

Lauren Vance



"My goals are to get back to where I was in volleyball last year or even better. I want to eat healthier and workout more too."

Justin Scott



"I want to be on time to school next year and keep up the grades I currently have."

What Are Your New Year's Resolutions?

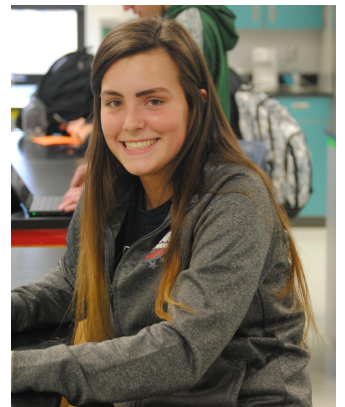
Ryan Hynick

"Next year I would like to get a job, and I would also like to start planning my future."



Alle Thompson

"My goal is that I want to work extra hard this season to try and help the softball team make it to state."



YEARBOOK



Use this link to purchase your
2018-2019 yearbook:

<https://www.saydel.k12.ia.us/>



Or on the school website, scroll over
the “Parent” tab, and click on the link
labeled: “Yearbook 18-19 Click to
Order.”

\$45



Santa's List

- Rose
- ~~Amy~~
- Jayden
- Emma
- ~~Tyler~~
- Aiden
- charlie

YOU'LL BE
ON THE
NAUGHTY LIST
IF YOU
DON'T BUY
A YEARBOOK!