

Volume 1 Issue 5
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Demon Digest

*Serving others and
striving for greatness*

Spirit Week and Penny Wars

By: Emma Wade, C.J. Gibson, Reagan Simpson

Riddle:

A girl dreamed that she was running in the forest, being chased by a lion, then ran into a field of snakes. What did she do to escape the lion and the snakes?

Be sure to put your answer in the Newspaper box in the office. Winner will get 5 Demon Dollars!

Spirit week--the week that we show our love for the school by dressing up, like Flashback Friday. This week we also had a penny war between the grades to raise money for Mr. Lee. During a penny war, pennies are positive and any other coins or bills are negative (or take away points.) The grade was raised the most money was...6th grade! Here are some amazing students who showed their spirit.



What was your favorite day?



Mr. Lee has recently been diagnosed with Pancreatic Cancer. He is an amazing teacher and coach to many, with an awesome personality. Remember to wear your purple on designated days to support not only Mr. Lee but the friends and family fighting with him. WE LOVE YOU SO MUCH MR AND MS LEE!! #LEESTRONG

HMS NEW YEAR'S RESOLUTIONS

By Rylee Cupp, Mackenzie Beal, Rhiannon Whitt

- Read more
- Get better grades
- Be healthier
- Say less swear words
- None—I break them!
- Less time on electronics
- Speak your mind
- Stay out of drama
- Be kind

Favorite TV Shows

We all love our favorite tv shows. Whenever we binge watch them or view the new season with friends or family, we can't get enough of them. We reached out and asked you what your favorite T.V. show is and the votes are piled in.

Here are the results:

1. Stranger Things
 2. Sponge bob
 3. Supernatural
 4. Walking Dead
 5. Rick and Morty
 6. South Park
 7. Friends
 8. Big Bang Theory
 9. Grey's Anatomy
 10. Riverdale
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GETTING HEALTHY

Q and A: with Ms. Dunsmore, Ms. Rakes, Ms. Lett, Ms. Cook

BY KEELY NOE AND EMILY BROWN

1. Healthy food you enjoy?
Grilled asparagus, broccoli, cauliflower, zucchini, fruits and water
2. Fun tips and tricks for exercising?
Stations, listen to music, take your dogs on a walk
3. Good amount of time to exercise a day?
An estimate of 50 minutes
4. Fun ways to exercise at home?
Walking, swimming, Zumba, bike, weights
5. Right amount of calories to consume in a day?
Athletic female: 2000-2200
Athletic male: 2800-3000

Remember:

-drink half of your body weight in water (one bottle of water is 16.9 ounces)

-find an exercise you enjoy and stick with it

Remember to make healthy choices in your daily lives!

How to Get Over Heartbreak By: Weston Moore & Candace Le

- Be kind towards your Ex.
- Crank up the radio.
- Know the difference between grief and depression.
- Have a lot of tissues nearby.
- Enjoy your favorite snacks.
- Spend time with friends.
- Watch your favorite tv shows. (Look at our suggestions)
- Do what you love.
- Be yourself.
- Stay out of drama.
- Know that it's not the end of the world (you will be okay!)
- Have that one friend you can always talk to or be a good friend and listen.

