
Dragondale

Denver, Colorado - November 2020 - Kunsmiller Creative Arts Academy - issue #2

DRAGONDALE #2

As you watched the leaves turn beautiful shades of orange, yellow, and red, the KCAA news team put together the second issue of Dragondale. In this issue we will discuss school sports, holidays festivities, election news, and interviews!

Join in the fun as we talk about cute crafts to do at home, holiday movies to watch, and love advice from two juniors who have fallen like the leaves off the trees.

Featured Articles:

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2. 2020 presidential election
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Suicide hotline-800-273-8255

Crisis text line- text HOME to 741741

Trans hotline- 877-565-8860

Colorado crisis services-
1-844-493-8255 or Text "TALK" to 38255

School Sports

By: Dazhay Aguirre

After talking to Lincoln Baseball Coach, Javier Banuelos, the information I gathered from him is useful to anyone who wants to play sports, specifically at Lincoln. One question I asked was: **Is there a limited amount of students who can sign up, try out, or come?** He answered by saying that due to COVID there are social distance guidelines that are strictly enforced, which means it does limit the number of students and coaches who can attend. He also said that there are currently workouts being held outdoors while a mask is required. The time limit and guidelines given are by CHSAA (Colorado High School Activities Association) which Lincoln is following. The offseason is strictly workouts and are only 3 hours a week. The offseason sports currently going on are *Baseball, Softball, Boys Basketball, Boys/Girls Track, Cheer, and Football*. Another question I had asked was **When will the actual sports (not workouts) start?** He had told me that Season C (*Football, Boys Soccer, and Girls*

Volleyball) start March 1st, 2021, and Season D (*Baseball, Girls Soccer, Girls Tennis, and Track and Field*) begins April 26th, 2021. To make sure, I had asked him **Is there any equipment that would be needed to bring other than the otherwise regular gear?** He said the only "equipment" you would need is a mask. He also said to bring water and hand sanitizer as well as the Teams would provide cleaning wipes and sanitizer. The last question was to just see more into his point of view. I had asked him **What has been the most difficult thing coaching and leading the exercises this year with COVID?** He said "I myself walked the halls at Lincoln and played baseball at Lincoln. As an athlete and a competitor, I looked forward to every practice and every game. After high school I got a scholarship to play NJC in Sterling and CSU-Pueblo. I know what it takes to prepare for a season.



With these new restrictions, we are learning to be more independent in our workouts, Using video to meet and analyze mechanics. As a coach and staff member, the biggest priority is to keep our student-athletes safe.”

If anyone wants to get in contact with him, you can email or text him at:

720-423-5004

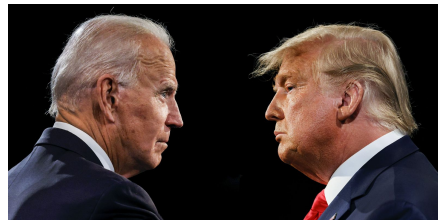
Javier Banuelos@dpsk12.org
<https://alhs.dpsk12.org/alhs-names-javi-banuelos-head-baseball-coach/>

2020 Presidential Election

By: Alberto Arroyo

As of Tuesday the 3, Biden is in the lead with 26 electoral votes and as of Trump, he is 50 electoral votes behind Biden with a total of 214 electoral votes. As of early evening on Thursday 5, Biden holds a tight lead in Nevada, which has six electoral college votes – just enough to get him over the line. Currently, Nevada still has 190-150 thousand votes to go through as of 4 pm ET on Thursday, 123,554 of which are mail-in ballots or ballots dropped off at in-person locations. Nevada officials said that 90% of the votes that still needed to be counted were from Clark County, which is home to largely

Democratic Las Vegas and its surrounding suburbs. By law, ballots postmarked on election day can be counted as long as they are received by 5 pm on 10th November, which means counting in the state could continue through the weekend. As in Pennsylvania, it can be called on Thursday night, and with the state’s 20 electoral votes would push Biden over the 270 markers if it’s in his favor. Georgia can also be called on Thursday night, but it also had 1% of its votes left to count (around 47,000 votes) and Trump was ahead with 13,000 votes. As of today, Trump is threatening to sue his way to re-election. Trump and his campaign have sued to halt vote counting in the battleground states of Pennsylvania and Georgia, Which have not been yet called by AP (Associated Press), and Michigan, which the AP called for Biden. Judges in these three states have dismissed these lawsuits on Thursday and Trump’s campaign has also requested Wisconsin to recount, which the AP called for Biden. These past few hours and days represents a crucial test of American democracy.



In the last four years, many of the values the Guardian (the newspaper) holds dear have been threatened, such as democracy, civility, truth, and the sovereignty of the free press. As of Wednesday night, Biden said it was “clear” he would hit the 270 electoral votes needed to win. “I’m not here to declare that we won, but I am here to report that when the count is finished, we will be the winner,” Biden said. As of Saturday, the focus was on Pennsylvania’s 20 electoral votes, which are enough for Biden the presidency. CBS News still considers Georgia, Pennsylvania, and North Carolina toss-ups, while Nevada is likely Democratic and Arizona is leaning towards Biden. in the Afternoon of Saturday Joe Biden was declared the winner of the election and the final was 290 to 214 Trump. With this victory of Biden, we can rest easy now and not have to worry anymore. Also, the day after the election Trump is still refusing to concede losing to Biden and Biden thinks of it as an embarrassment to Trump. By doing this it will not help Trump's presidential legacy.



Holiday Movies

By: Victoria O'Neal

Here are some famous movies you can watch this holiday season.

The Grinch: PG 2018 • Family/Comedy • 1h 32m

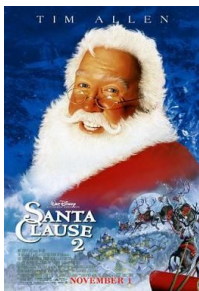


The Christmas Chronicles: 2018 • Adventure/Family • 1h 44m



The Santa Clause: PG 1994 • Family/Comedy • 1h 37m

The Santa Clause 2: G 2002 • Family/Comedy • 1h 45m



The Santa Clause 3: The Escape Clause: G 2006 • Family/Comedy • 1h 38m



Elf: PG 2003 • Family/Comedy • 1h 37m

Thanksgiving movies:

A Charlie Brown Thanksgiving: 1973 • Short/Family • 30 mins



Garfield's Thanksgiving: 1989 film



Addams Family Values: PG-13 1993 • Comedy/Fantasy • 1h 34m

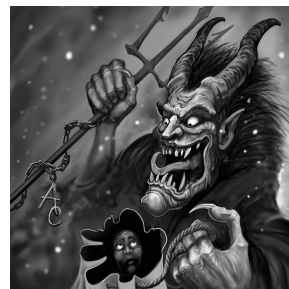
Krampus

By: Gene Knapp

Krampus: A demon who works next to Saint Nicholas, punishing the children who have misbehaved by beating them or eating them for their actions.

Now, if you haven't heard of him, you're probably asking who-or what-Krampus is. Krampus has been described as an animalistic creature with horns, covered in fur, and is wrapped in chains and bells. They also describe him as "half-goat, half-demon" with a long serpent-like tongue accompanied by large fangs. This creature's name comes from the German word Krampen, which means Claw.

He is also the son of the Norse god of the underworld: Hel. Krampus is said to come out on the night of December 5th, also known as Krampusnacht/Krampus night with Saint Nicholas to punish the children who have landed themselves on the 'Naughty list'. While Saint Nicholas delivers treats, candy, and presents to the children who have been good,



Krampus punishes those who have been naughty by beating them with sticks. It is also rumored that he takes the children in a sack after swatting them, and takes them to either his lair or hell to devour them.

Krampus goes all the way back to 1910, where it surfaced in Germany around catholicism. St. Nicholas is the patron saint of children, but of course, where there is good evil lurks close behind. Krampus is the anti-Saint Nicholas. Saint Nicholas's falls in early December to help strengthen his association with the yuletide season. Europeans not only welcomed the man as a figure of generosity to award the goodness in some but they of course also feared the counterpart.

Now, what can you do to keep Krampus away from you? Though it is uncertain, it is said that Krampus's one weakness is evergreen stakes, which could be used to stab through him to kill him. With that small idea in mind, most people put their shoes out with an evergreen stake or a Birch rod to keep Krampus from dragging them off to hell with him. But other than that, the only thing that would really protect you from the wrath of Krampus is to be good. As long as you stay on the nice list, all you will get is presents from saint Nicolas and Krampus will stay away.

Crafts for the holidays

By: Victoria O'Neal

Snow Globe Fun:

With your hot glue gun, put a little hot glue on the bottom of your toy. Using the needle nose pliers, put it down into your jar where you want it. Press it down a little to get it firmly in place. Let the glue dry for 10 minutes. Fill your jar with water. Put one small squirt of glycerin in it (this is going to make your "snow" float better.) Add a pinch of glitter. I found that if you add too much it makes the snow globe look too hazy. Hot glue the lid in place and you're done! Very fun stuff!

What you will need:

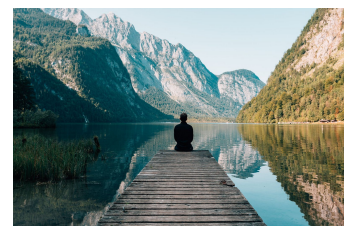
- Small jars (I got mine at Hobby Lobby. You can also use baby food jars.)
- A little toy to put inside. I recommend a party store for finding something. One thing to note is that the water is going to magnify how large your toy looks by quite a bit, so buy smaller than you think.
- Glitter (I found that very fine glitter was better)
- Heavy Duty Glue (Gorilla glue, E6000, Epoxy, etc.) I or hot glue and it works very well
- Needle nose pliers



cookie decorating kit (located at Walmart, Target, King Soopers, etc.) Start getting creative with friends and family and create your own unique cookies!

Need to calm down or get your mind off stuff? Here's a couple things you could do:

- Go for a walk and watch the beautiful environment and the leaves change.
- If you meditate in the morning, think about the previous day, and if you meditate at night, think about everything that happened before that point in the day. What happened? What did you learn? Try to find at least one lesson or take away that you can reflect on. Then figure out how you can take that lesson and carry it into the next day



- Practice gratitude: In his book, "Meditation: Insights and Inspirations," spiritual master Amit Ray says, "Looking at beauty in the world is the first step of purifying the mind." Start your meditation on a positive note by thinking about three things you are grateful for. By focusing on the things you love about your life, you'll recognize why your life is good and become happier.
- Evaluate your energy: Think about how you're feeling today in the moment. Are you tired or energetic? If you feel like you have low energy, what might be draining it? Consider what might be causing you to lose sleep or is taking too much of your mental space. Then, figure out what you can do to either reduce the problem or cut it out completely.



Coupled and Quarantined

By: Gene Knapp and Gabe Duke

If you don't already know, two of our juniors-who are also the editors of the newspaper-are together romantically! 9 months strong and getting stronger day by day. Here is some advice from these two lovebirds on how they have made their relationship last throughout quarantine!

How has it been not seeing your lover for weeks on end due to a state lockdown?

Gene: extremely hard; it's hard being separated from someone you love and especially for me, I'm a very needy person so I need constant affection.

Gabe: It's hard but I manage since I never leave the house or socialize anyway.

How have you resolved any issues that have come up-if any?

Gene: communication, we haven't had very many major problems, and when we do we usually just cry and say "makeup kisses?" lol

Gabe: Most times if anything comes up we both start crying and we make up because we feel bad. We also talk about it because communication is pretty poggers.

Is it hard developing a working relationship during quarantine?

Gene: no it's just more of the fact that I can't accept that i'm actually genuinely cared about. I worry about keeping him safe mostly, and so I take precautions when I leave the house

Gabe: Not really homie, struggling? Just get gud lol. Also, Gene is practically in my family's germ circle, so I don't need to worry as much about covid, but we still take precautions such as fever checks.

How are you two planning to spend the holidays together?

Gene: We're probably going to hang out around that time, but i'm not big on holidays so it really isn't a concern for me.

Gabe: Honestly probably just going to each other's house around that time and hanging out, if we have to get quarantined again we'll just talk over discord.

What aspects of dating under quarantine have you struggled with?

Gene: not being able to get affection when I feel sad and need to be comforted. And not being able to throw stuff at Gabe when he makes a stupid joke.

Gabe: Socializing

What have you felt was easier for you while dating under quarantine?

Gene: I'm a lot better at communicating via text than actually saying words, so getting stuff out is easier for me. Also, the fact that we can last through a quarantine together means we can do a n y t h i n g.

Gabe: Gaming, didn't have my pc at Gene's house, but now I can play Overwatch whilst talking to gene.

Any advice for people dating over a quarantine?

Gene: Communicate with your partner!! And simply just wait till it's safe enough to meet up together and smooch their face off!!

Gabe: Use Discord, even if you're not dating use discord, it's just a poggers app.

Any general advice for couples?

Gene: Communication is key. Learn what your partner likes, dislikes, how they react to different things, and most importantly build a safe space between the both of you to confide in each other and have the ability to tell them what you need and want. And jokes, don't take everything so seriously!! Comedy is what started me and Gabe's relationship, and look at us now!

9 months strong and even more chaotic than when we started. :)

Gabe: Make your entire relationship a joke, having a serious or intimate moment? Bring up a joke from two years ago about your partner cutting their hair and it was to the level of someone putting their head in a lawnmower. Or do what I do constantly and say "Hey you're pretty poggers"



poggers means something pretty great

Reminder

Personal Articles: Even if you are not in the newspaper, but want to submit your writing to the current month's newspaper, you are more than welcome to! Whether it be a poem, a short story, a movie analysis, etc. you will always be welcome to submit an article to the paper. If you choose to contact Gene Knapp at 740261@dpsk12.net, or Gabe Duke at 718366@dpsk12.net, or Ms. Hempe at ahempe@dpsk12.net and they will get back to you!

Art Gallery: If you want to submit art that you have done to the newspaper's very own art gallery, feel free to! Use Gene's contact information up above to submit. The only requirements are your first and last name and grade. We will not accept any NSFW art, gore art, or heavily triggering art. Teachers, you can also submit students' artwork into the paper if you so choose.

Suggestions: If you have any suggestions on how we could improve the newspaper, what you want to see, or just ideas for cool stories, feel free to tell us.

Events: In a club or class that is doing a remote event? Email Gene about it! He will put it in the paper and advertise it!

Afterschool Clubs

Dragon Crew

4:00-5:30 on Tuesdays

Mr. Starn: wstarn@dpsk12.net

Culinary Club

November 19th, 4:00 pm

Mrs. Burke:

Krtistie_burke@dpsk12.net

Newspaper club:

Tuesdays or Thursdays at 3:50 pm

Gene Knapp: 740261@dpsk12.net

Ms. Hempe:

Amy_hempe@dpsk12.net

classroom code: ryks3xm

MSU tutoring:

Monday-Friday 4:00-6:00 pm

Classroom code: alhp65y

Veterans Day

By: Iris Cruz

What is veterans day for?

Veterans Day is a day to celebrate those who have served in the United States armed forces dead or alive, although it's mainly intended to appreciate those living veterans for their sacrifices.

What does veteran's day mean for the veterans?

Veterans day means a lot to these living veterans, it means freedom, sacrifice, and honor for those who have served. We should be thankful for veteran's day because without this day most likely everyone would forget all of the sacrifices they have made for our society today.

When is veterans day celebrated?

Veterans day is celebrated on the 11th of November.

Why did the Veteran's day become a holiday?

Veterans day became a holiday for one reason mainly: to appreciate and thank those who have served The United States. Veterans day was originally known as Armistice Day, this day was originally set as a U.S. holiday to honor the end of World War I, which took place on November 11th.

On June 1, 1954, they got approved by the legislation and as of now, November 11th is a day to honor American Veterans of all wars.

What do people do for Veterans Day?

People all over the world celebrate this day the same, most states have parades, church services, and in many places the American flag is hung at half-mast. At 11 am on November 11th there is a period of time that lasts two minutes for silence for our veterans.

Fun Facts about veterans day

- The world war 1 armistice was signed on the 11th day of the 11th month and the 11th hour, this should help you remember when and why it's on November 11th.
- There were around 21.8 million veterans in the United States as of 2010.
- Around 1.6 million veterans are women.
- There are about 9 million veterans over the age of 65.
- Veterans day is NOT the same as memorial day.



Mental Health: Meditation

By: Marlenni Ortiz-Perez

I was able to reach out and email Mr. Donald Goodfriend for this article, a practitioner of Meditation. He informed us of the many wonders Meditation can bring into our lives. Meditation is a form of exercise that helps us release all our emotions and hold on to them for great things. It helps us identify and pay more attention to the world around us, to see everything more clearly. The following are some of the questions and the answers from Mr. Goodfriend: an HS Special Education teacher, and a very supportive, encouraging teacher.

What does mediation mean to you?

"Tibetans say Meditation is a way to make friends with yourself and with the world. Meditation gives you superpowers. Out of Meditation, your sensory equipment becomes brighter. The world is brighter. Blue is bluer, green is greener, yellow is yellower. Trees are treeier, dogs are doggier, and water is waterier, and rhinos are beautiful and write poetry. What happens when you meditate is that like an ostrich: you pull your head out of the ground and you are in the moment and the moment is full of WOW.

Also, out of Meditation comes intuition, which is a type of wisdom-compassion-intelligence that helps you be gentler and helps you laugh at yourself and be silly and helps you feel the suffering of other individuals, and helps you be honest with yourself. Sometimes when you meditate, you disappear. Poof, you're gone. Isn't that interesting."



How did you involve yourself in mediation and Buddhism?

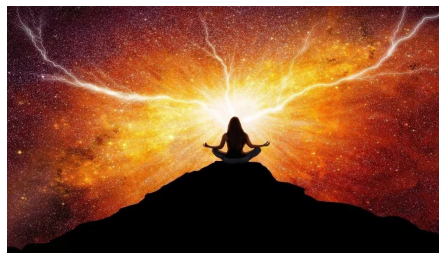
"I have been a meditator for 45 years. A long, long, long, long time ago, I had a girlfriend who wanted to study poetry and Buddhism at a Buddhist college in Boulder and because I liked her I went with that school. I did not know much about Buddhism or Meditation, yet I did. It was like drinking a Pepsi with lots of ice and saying "Wow that is good!"

What is one common misunderstanding you had when you first began meditating? And what do you believe was the hardest to adapt to as you began your meditating journey?

"Meditation turns you into a philosopher.

You start to wonder about what is reality and what is consciousness and how they are related. Becoming a philosopher is much fun and funny, too, except no one laughs at your jokes, except for the summer grass. You cannot do meditation wrong. Meditation turns you into a philosopher. You start to wonder about what is reality and what is consciousness and how they are related. Becoming a philosopher is much fun and funny, too, except no one laughs at your jokes, except for the summer grass.

You cannot do meditation wrong. Meditation is like putting socks on your feet when you are cold and seeing the banana's spots when it becomes ripper. Look at what you're seeing; that is meditating. Look at what you're seeing. I have counted 1,427,217 ways to meditate, and they all make your soul more beautiful."



Some last words of encouragement from Mr. Goodfriend incorporate.

"I do what is called the Old Moose and Old Rhinoceros Meditation in which I magically turn into a

Moose or a Rhino and am able to scratch my ear with my back foot. Anyone who wants to learn how to meditate, I will teach that person as long as that individual writes a poem or brings me a bag of BBQ potato chips."

Student Art Gallery

Come see your peer's amazing artwork! - Submit [here](#)

Celica Munoz

11th

(Submitted by Mr. Able-Pype)



Alexa Gonzalez-Ravelo

10th

(Submitted by Ms. Harkey)



Evan Winkenhofer

11th

(Submitted by Mr. Able-Pype)



Alexa Gonzalez-Ravelo

10th

(Submitted by Ms. Harkey)



Alexandra Flores-Plata

10th

(Submitted by Ms. Harkey)



Alexa Gonzalez-Ravelo

10th

(Submitted by Ms. Harkey)



A drawing of four skeletons standing in a row. Each skeleton is holding a sign. From left to right, the signs read: "MY BODY MY CHOICE?", "BLACK LIVES MATTER", "EAT THE RICH", and "LGBTQ LIVES MATTER". The sign for "LGBTQ LIVES MATTER" is rainbow-colored. The background is dark and textured.

Water color (over)

Pencil sketch

A hand-drawn illustration of a stylized flower. The flower has a bright pink center with a black dot in the middle, and five petals that are pink with blue outlines. The flower is surrounded by a textured, grey, rocky or crystalline structure. The drawing is done in black ink on a light background.

[illegible]

Rose Brzana
9th
(Submitted by Mr. Neal)



Citlali Mares
11th
(Submitted by Ms. Ayres)



Leilani Nixon
10th
(Submitted by Ms. Ayres)



Ariana Koon
11th
(Submitted by Ms. Ayres)



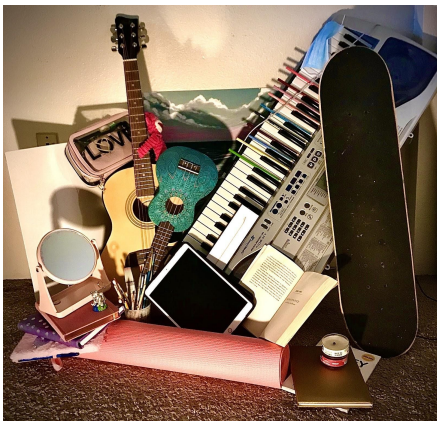
Evan Winkinhofer
11th
(Submitted by Ms. Ayres)



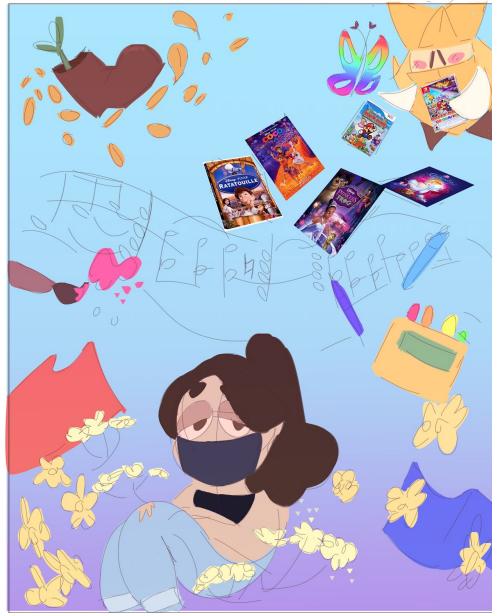
Maksym Obrochan
11th
(Submitted by Mr. Able-Pype)



Celica Munoz
11th
(Submitted by Mr. Able-Pype)



Ariana Koon
11th
(Submitted by Mr. Able-Pype)



Jayden Castaneda
11th
(Submitted by Mr. Able-Pype)



Gunnison Custer
8th
(Submitted by Ms. Fulton)



Haven Chase
8th
(Submitted by Ms. Fulton)



Cain Purdy
9th
(Submitted by Ms. Fulton)



Lily Holmes
8th
(Submitted by Mr. Neal)



Shea Anderson
12th
(self-submission)

