
Dragondale

*Happy
New Year*

Denver, Colorado - January 2021 - Kunsmiller Creative Arts Academy - issue #4

DRAGONDALE #4

Happy New Year! We've finally made it past the rollercoaster that was 2020. Work with marlenni on how to have a good year and help you stick to your goals, and Victoria will also talk about new year's resolutions. Enjoy a puzzling and interested poem about a runaway mind, and sit with our editor and learn the difference between a religion and a belief. And, as always, enjoy the student art gallery and bask in a warm pool of pure talent.

Featured Articles:

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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

Starting 2021 Off

Successfully

By: Marlenni Ortiz

It's important to start this year off with a good mindset, and this mental health subject is therefore based on simple ways to start 2021! Healthy routines, setting targets for the year, and looking ahead are the perfect way to get started!! Examples of questions on the last year, 2020 will also be open!!

Where do I begin? Is a reflection of the past year necessary to be able to plan for the future?

While reflection on the past is not a requirement, it helps us and provides us a base for what we did throughout the year, both that were positive things or negative. The best way to begin is to review everything you found fundamental, in other words, your routine in 2020.

Some questions you can ask yourself include:

- What stood out the most to you?
- Which achievements are you most proud of? What were some of the happiest moments you had?

- What areas have been difficult? What did the challenges teach you?

-Which were the most rewarding areas?

-What has succeeded and what has not?

You can reflect on your health and happiness; Your habits and routines, your alliances, your human and/or spiritual development, how did you spend your money and time? And Your personal expansion.

How do I plan my year?

Begin by listing your goals or the accomplishments you want to achieve in 2021. Identify the progress you want to see in each of the above areas and map it out for your year. Have an action plan on how you will accomplish your goals and create ways to measure or monitor your progress. To help document your timeline, use a calendar or diary. And be committed to your strategy.



Determine if your goals are consistent with your priorities, what matters most in your life. Set goals that will motivate you because you believe in them to make a commitment. For example, your day can start with two events like:

-Go for a 30-minute walk at 2 PM

-Do an hour of yoga

-It can then further develop to a more advanced schedule:

8 AM- wake up and start to get ready for your day

9 AM- prepare breakfast (insert weeks menu)

10 AM- go out for a morning walk with/without pets, Etc.

The simplest way to begin a plan is to find the commitment to that plan. It is important to plan out your year, or as simple as each month to sustain yourself with the organization. Other things can include positive ways to take care of your body such as staying hydrated or doing some yoga. There is always a way to plan ahead in 2021. Even if you are not as good at planning there are various apps available that are simple to use and help plan each week or month.



Runaway Mind

By: Sophia Porreca

911 what's your emergency?

Help! I've lost my mind

I'm terribly frightened, what if it's lost in the void?

The darkness will overtake it and it will turn into grey mush

Or what if it's stuck in the maze?

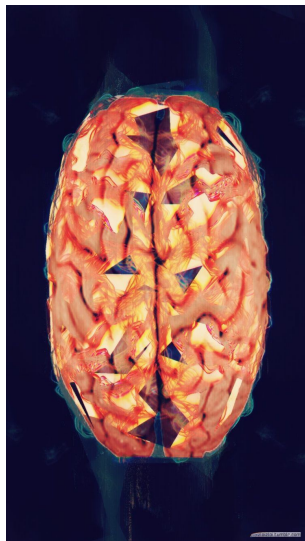
Endlessly running into dead ends turning it to a mess of red spaghetti

I fear I will never find my mind

Or if I do find it, it will never be the same again

Hello? Is anyone there?

I'm sorry the number you have dialed is unavailable



Back To School

By: Iris Cruz

As you guys know, we are going back to in person learning, and while many are excited to return to school, there are many precautions to take so we can all be safe and healthy. Teachers and students are now on a tight protocol while they're in a classroom setting. It may be difficult to adjust, but DPS and Kunsmiller staff have made student safety the number one priority.

In Person Learning Rules

-3 feet social distancing

-Wear masks at all time

-Lunch will be eaten in classrooms

-Students will be escorted in the

-building in the mornings

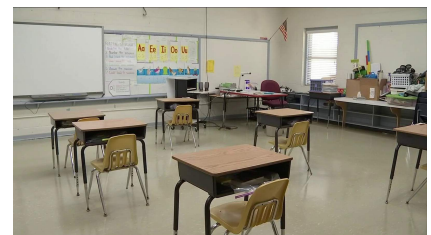
-No lockers

-Only the teacher will move classrooms

-No clubs/ sports in person

-No quad in person

-You will be escorted to the bathroom



How Do Teachers Feel About Going Back?

First Teachers response: *"I feel pretty great about it actually. It has been such a long time since I have gotten to see my students in-person! I am beyond excited to be in a school building again and teaching"*

face-to-face even if it's from behind masks :)"

Second Teacher's response: "I'm really excited to see our students again-- there is joy in being together that remote learning can't replace. I just hope our community can commit to mask-wearing, distancing and staying home when it will look really different-- teachers will rotate rooms most of the times instead of kids, and there is no access to the quad or cafeteria, or other spaces. Students will experience virtual learning, but in a classroom. We'll still joke around, have fun and smile but less than half the students will be there. So that's weird! It may feel like a ghost town. I wish our students could have more art classes during this semester. Some won't have any, and that's tough. I'm ready to give it our best shot!! I hope we all stay safe, healthy and open for the rest of the pandemic."



Afterschool Clubs

Dragon Crew

4:00-5:30 on Tuesdays

Mr. Starn: wstarn@dpsk12.net

Culinary Club

February 6th, 12pm

Mrs. Burke:

Krtistie_burke@dpsk12.net

Google meet code: KCAABAKES

Newspaper club:

Tuesdays or Thursdays at 3:50 pm

Gene Knapp: 740261@dpsk12.net

Ms. Hempe: ahempe@dpsk12.net

classroom code: ryks3xm

MSU tutoring:

Monday-Friday 4:00-6:00 pm

Classroom code: alhp65y

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: 740261@dpsk12.net Gabe Duke: 718366@dpsk12.net Ms. Hempe: 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!

Spirituality vs Spiritualism

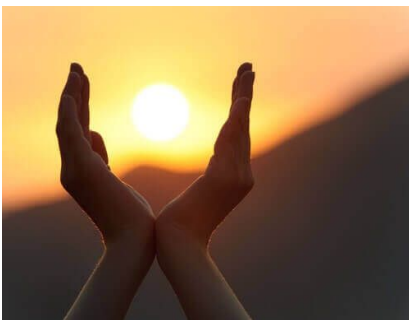
By: Gene Knapp

Spirituality is often confused or compared to spiritualism when in reality they are very different practices that hold different beliefs. While spirituality is a whole religion with multiple definitions and is mentioned in sacred texts dating back to the 5th century, Spiritualism is the sometimes (but not always) religious belief that the deceased are still existing as spirits and have the ability and intent of speaking to the living.

What is spirituality?

Spirituality is a very broad topic of exploration into various things such as connections with the human spirit, souls, and deeper values of our inner selves, but is mainly categorized as a religion. Spirituality is very complex and takes quite a bit of research to fully understand the whole meaning,

but it all boils down to a religious process of re-formation and aim to recover the original shape of man/the image of God. These themes were taken and exemplified by the sacred texts of religions around the world. Though, as it has developed over the 20th and 21st centuries, it's been determined that there is no single definitive definition that everyone can agree on. It has also morphed from tying directly from religion to being more philosophical or based on social or political movements (liberalism, feminist theology, green politics, etc.). This disconnect from religion is often referred to as 'Spiritual but not religious' (SBNR) or 'Spiritual but not affiliated' (SBNA). SBNR or SBNA people self-identify with life, the interior life of an individual, and the emphasis on mind, body, and spirit. These are different from the religious practices of spirituality.



How do you practice spirituality?

Spirituality is practiced in many different ways and can be different for each individual, but main practices may include meditation,

mindfulness, prayer, and other practices that focus on self-analyzation and grounding. SBNR and SBNA identifiers practice using the same practices as well and often incorporate transcendental meditation (TM) into their practice as well. "It's a simple, natural, effortless technique practiced 20 minutes twice each day while sitting comfortably with the eyes closed. The TM technique allows your active mind to easily settle inward, through quieter levels of thought, until you experience the most silent and peaceful level of your own awareness — pure consciousness." says a TM expert on tm.org.



What is spiritualism?

Spiritualism is a religious or nonreligious belief that spirits of the deceased exist and have the ability and want to make contact with the living. People with this belief state that the afterlife or spirit world is seen not as a static limbo, but a place where spirits can continue to evolve. They also say that these spirits can contact living humans and are actually more advanced than we are.

It is said that not only do the souls survive death, they linger in a spirit world that coexists with the material world. Due to the coexistence of the spirit world and material world, they are able to communicate with living humans and are very interested in the people they have temporarily left behind. They also don't stray far from their original self other than not possessing a physical form. Today, Spiritualism is practiced mostly in Continental Europe and Latin America, where they heavily emphasize reincarnation. The idea of spiritualism hit its peak in the 1840s to the 1920s and at one time was said to have more than 8 million followers worldwide.

How do you practice spiritualism?

Spiritualism is usually practiced by trying to contact the spirits in the spirit world. These can be done in many different ways, such as using a medium, trying to contact spirits through an ouija board (despite it being a cliché), and performing seances. There are many who go to mediums who can connect with the dead and convey messages from deceased lovers, family, friends, or anyone you may have a connection to. Another way to practice spiritualism is spiritual mindfulness. These practices include long contemplations of life after death or the meaning of life, meditation, or journaling to assess awareness.



What are the differences between spirituality and spiritualism?

Spirituality is a religion-based organization that can be identified and tied to many things but focuses on the original form of man while spiritualism is the belief that we can contact the dead due to them existing in spirit form. Since spirituality is classified as a religion, we can determine that spirituality is a specific set of organized beliefs shared by a community or group. Spiritualism, while shared by a group as well, focuses more on the individual practice of belief. This belief is tied to spiritual wellness and understanding that we are all spirits and one day we will continue on in spirit form after our physical form meets its demise.

If you would like to learn more about Spiritualism: britannica.com

If you would like to learn more about Spirituality: rcpsych.ac.uk



New Year's Resolutions

By: Victoria O'Neal

Do you know what a New year resolution is?: A New Year's resolution is a tradition, most common in the Western World but also found in the Eastern World. A person resolves to continue good practices, change an undesired trait or behavior, accomplish a personal goal, or otherwise improve their life at the start of a new year.

Where did a new year's resolution start?: The first New Year's resolutions date back over 4,000 years ago to ancient Babylon. The Babylonians are said to have started the tradition during Akitu, a 12-day New Year celebration. ... This new date honored Janus, a two-faced god who symbolically looked back into the previous year and forwards into the new year.

Why do people make New Year's resolutions?: the focus for people is on setting goals to improve themselves, with people taking time to reflect on their goals. These resolutions are often health focused, driven by the indulgence of the Christmas period, then get refreshed every New year after December 31st. However, over 80% of people break their New year Resolutions, and by the first week of February and only 8% of people achieve their goals at all.



Why do people make New Year's resolutions?: the focus for people is on setting goals to improve themselves, with people taking time to reflect on their goals. These resolutions are often health focused, driven by the indulgence of the Christmas period, then get refreshed every New year after December 31st. However, over 80% of people break their New year Resolutions, and by the first week of February and only 8% of people achieve their goals at all.

How do I not only keep a new year's resolution but have it be personally beneficial to yourself? We set lofty goals that quickly become overwhelming, and we fail to make a plan to achieve these goals. The key to completing your resolution is to break it down into small, tangible steps. Instead of saying, "I want to get fit", set a specific goal like going to a gym class every Monday and Wednesday.



<p>How to keep a new years resolution:Follow these steps to make sure to keep the resolution in 2021:</p> <p>1. Create a measurable goal -Don't bother with a big resolution like "I want to be happier" or "I want to become healthy" This would lead you into thinking you're reaching your goal, when in reality you might be taking steps back from the New Year resolution if the goal is unreasonable.</p> <p>2. Identify clear action steps - Create a plan that includes objectives that will create change and commit to taking action that will help you get closer to your goal</p> <p>3. Set yourself up for success - It may seem easy to feel motivated early on in the process. But after a week or two and months forward, your motivation will naturally wane, and start draining your energy little by little. To prepare yourself for that dip in motivation, set yourself up for success well in advance. Make not only good habits but some bad habits that you could learn off of in the future.</p> <p>5. Start when you're ready - There's no need to start your resolution right off the bat. In fact, starting faster might put you at a disadvantage.</p>	<p>That's not to say you need to wait until you feel fully confident before starting because that might lead it to not even happening, but make sure you're committed to the goal, and you've thought through what you'll need to do and how you're going to do it.</p> <p>6. Track your progress- Use an app or a calendar to check off the days you work on your goal. Or create a chart, spreadsheet, or graph that helps you visualize your progress, Reviewing your effort can also help you stay on course when it feels as though you're not making any headway.</p> <p>Do you have a New year resolution? : The five most popular New Year's resolutions are 'exercise to get in shape' (19.7%), 'diet to lose weight' (18.3%), 'save money' (14.8%), 'eat healthier in general' (11.9%), and 'something for self-care' (5.5%).</p> <p>If you don't have a new year resolution here are some ideas:</p> <p>Eat healthier</p> <p>Exercise more</p> <p>Lose weight</p> <p>Save more money and pay off debt</p>	<p>Learn a new skill or hobby</p> <p>Travel more</p> <p>Watch less TV</p> <p>Read more</p> <p>Find a new job</p> <p>Volunteer with a charity</p> <p>Start your own business</p> <p>Quit smoking</p> <p>Drink less alcohol</p> <p>Spend more time with family and friends</p> <p>Trying to gain confidence</p> <hr/> <p>What is the new normal?</p> <p>By: Gene Knapp</p> <p>Since March of last year, our lives have been flipped upside down and twisted around with no warning due to covid-19. You may hear people say that once this is over things will return to normal, but will we really have the same lifestyles that we had before?</p>
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Currently, we have a few vaccines being distributed, but when leaving the house we still must social distance from everyone and you are required to wear a mask in most establishments and are even recommended to wear them while taking walks around parks and neighborhoods. As of today, the CDC (center for disease and control) has confirmed 404,689 deaths from covid across the US, and it's still going up as more and more people catch the virus. There has even been a second confirmed case of a mutated strain in California. With all these deaths, precautions, and lack of reliable knowledge, is there a way to go back to the way we once lived before the pandemic? [Wsmv.com](https://www.wsmv.com) states, "In the short-term, life will be largely the same because we will be asking everybody to wear their masks," said Schaffner. "As more get vaccinated, then the virus transmission will be reduced and we can get back to something more normal."

As more people get vaccinated, there will be a possibility to leave the house more often without worry, see friends and family, and travel via a flight to different places.

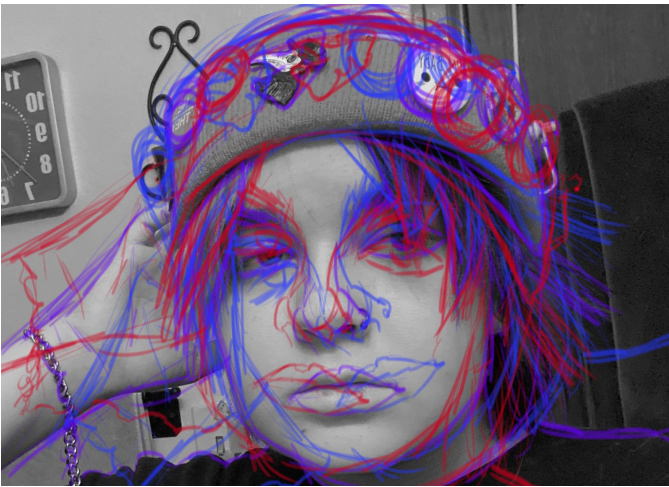


Until then, most must assure that they are taking the proper precautions to keep themselves and everyone else safe from the virus. These things include staying home as much as possible, washing hands, committing to wearing a mask whenever necessary, and staying away from everyone.

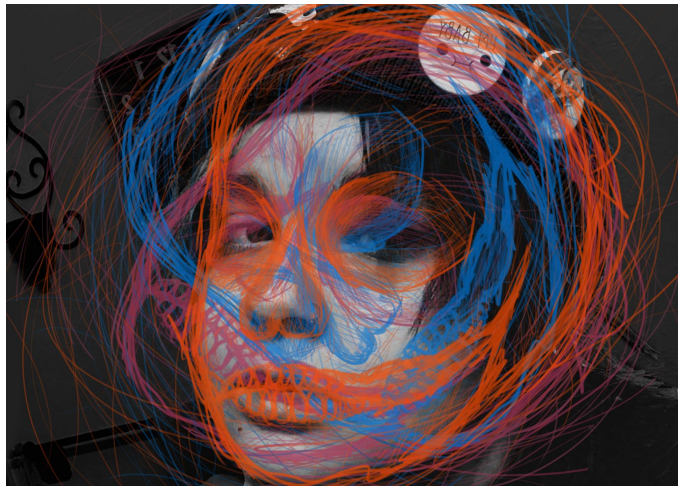
Student Art Gallery

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

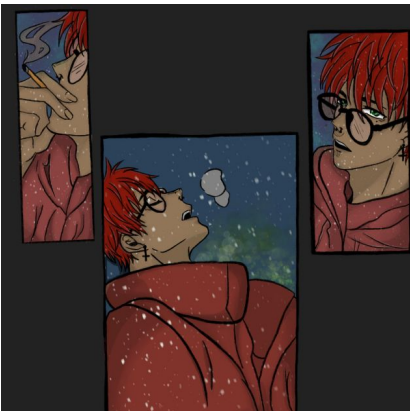
Gabe Duke
11th
(Self Submission)



Gabe Duke
11th
(Self Submission)



FayeEtta Johnson
11th
(Self Submission)



Sophia Porreca
11th
(Self Submission)



Sophia Porreca
11th
(Self Submission)



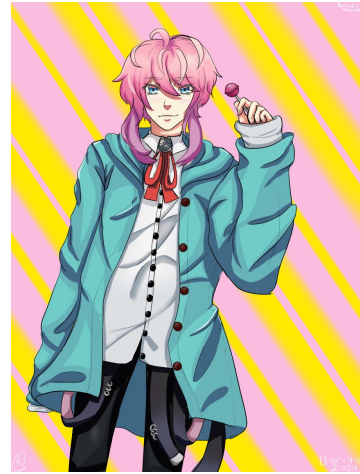
Sophia Porreca
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Rose Bowers
11th
(Self Submission)



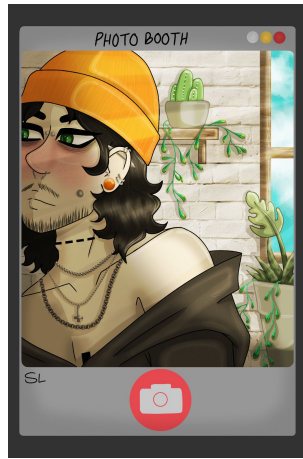
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Gabe Duke
11th
(Self Submission)



Gene Knapp
11th
(self Submission)



Gene Knapp
11th
(Self Submission)



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

Evan Winkenhofer
11th
(Submitted by Mr. Able-Pype)

Alexandra Flores-Plata
10th
(Submitted by Ms. Harkey)



Alexa Gonzalez-Ravelo
10th
(Submitted by Ms. Harkey)

Alexa Gonzalez-Ravelo
10th
(Submitted by Ms. Harkey)

Alexa Gonzalez-Ravelo
10th
(Submitted by Ms. Harkey)



Ashley DeHerrera
10th
(Submitted by Ms. Harkey)

Daya Constantine
10th
(Submitted by Ms. Harkey)

Daya Constantine
10th
(Submitted by Ms. Harkey)

(Submitted by Mr. Neal)



(Submitted by Ms. Ayres)



(Submitted by Ms. Ayres)



Citlali Mares

11th

(Submitted by Ms. Ayres)



Evan Winkinhofer

11th

(Submitted by Ms. Ayres)



Maksym Obrochan

11th

(Submitted by Mr. Able-Pype)

Ariana Koon

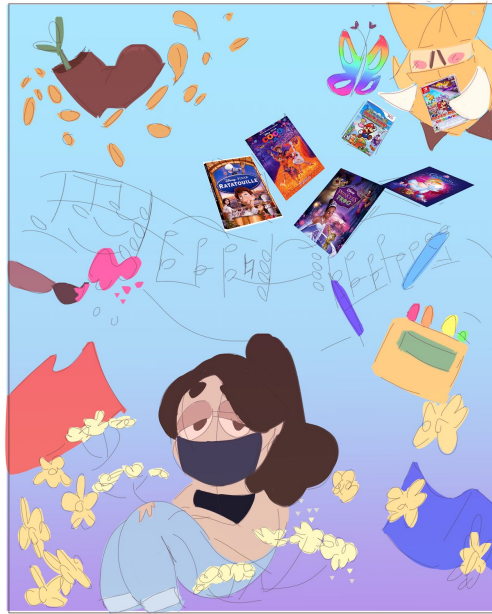
11th

(Submitted by Mr. Able-Pype)

Gunnison Custer

8th

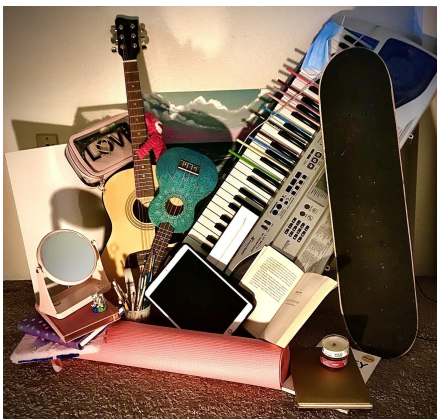
(Submitted by Ms. Fulton)



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

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

Haven Chase
8th
(Submitted by Ms. Fulton)



Cain Purdy

Lily Holmes

Shea Anderson

9th
(Submitted by Ms. Fulton)



8th
(Submitted by Mr. Neal)



12th
(self-submission)

