



## Karate Helps Us in Lots of Ways

By Patrick Cook



This year has been a tough year for all of us due to coronavirus. Some people cope with Covid-19 by playing sports or electronics while others may focus on family activities, games, and toys. My way of coping with Covid-19 has been through continuing my karate lessons.

I started karate when I was 5 years old and I have been doing it now for over 4 years and I just received my brown belt! I take lessons at 5 Dragons Martial Arts Academy in Salisbury. Currently I attend 5 classes each week. Karate focuses on life skills such as discipline, focus, respect, and body strength. When I first started karate I was very shy and uncertain but then as I met new people I realized they were very nice and encouraging so that made me want to continue.

One of my role models in karate has been my sensei. A sensei is a martial arts teacher. Sensei Richard Comeau has been an instructor of karate for 13 years! He started karate to have an activity to do with his son then opened his own karate studio which is called a dojo. The most important thing in karate for Sensei Rick is changing kids' lives and making them the best versions of themselves. When I asked Sensei Rick how he feels when he is up front teaching he said, "When I first started I was terrified to teach in front of parents but I leaned on my son Ricky to help me gain confidence. Now I incorporate the parents into class." Sensei also feels that teaching is the best reward of all. Sensei also loves to see the joy on children's faces when events happen like Santa comes to the dojo.

Karate classes have also been changed tremendously due to Covid-19. One way classes have changed is by limiting the amount of people that come in each class and changing some of our exercises and workouts to remain socially distanced. It also changed by students having to wear masks, which some people found hard. One more way classes changed is there is a choice of virtual or in person classes. Covid -19 has taught us that if we adapt and persevere through tough times, we can defeat any obstacle!1 March 2021In conclusion,



karate is good for you in many ways. First, it is a great form of exercise. It is also a good way to release stress and learn good communication skills and how to teach others. You will also meet a lot of good friends and increase self confidence. These are all reasons that karate makes me feel like I am becoming a good leader. If any of you want to check out karate, I encourage you to go to 5 Dragons Martial Arts Academy!

## **Pandemic Policing**

*By Anna Kirby*

The pandemic has changed our lives in many ways and being a police officer in a pandemic has changed as well. That is why I interviewed an Amesbury police officer named Deputy Chief Craig Bailey. I asked Deputy Chief Craig Bailey how it was like to be a police officer in the pandemic. His response was “being a police officer in a pandemic is challenging and that is a new type of problem that we as police officers have never had to deal with. There was not a rulebook that the police officers could use to help answer all the questions we were getting.” I also asked Deputy Chief Craig Bailey how he felt Amesbury responded to the pandemic, and his answer was “Amesbury did, and is continuing to do an amazing job adapting to the daily challenges this pandemic

presents.” Deputy Chief Bailey said that he is also “proud to be a part of this team we call Amesbury.” Deputy Chief Craig Bailey has been a police officer for 31 years and 24 years as a police officer in Amesbury. He started as a police officer with the U.S. Coast Guard in 1990 and was hired in Amesbury as a patrol officer in 1997. Deputy chief Craig Bailey has wanted to be a police officer ever since he was three years old. This is a picture taken in 1975 when Deputy Chief Bailey was three. The person standing next to him is his uncle Louis.



Deputy Chief Craig Bailey said that Amesbury is a very safe community. He also said that we should always try to take care of others. In my interview I asked Deputy Chief Craig Bailey what was the funniest thing that ever happened to you as a police officer and he said once he pulled over a mom who was speeding in her car and he asked her have you gotten stopped

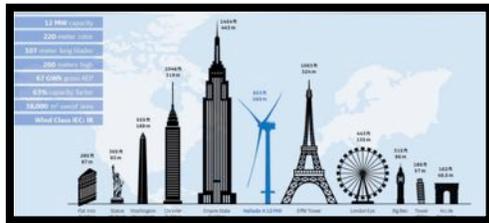




the CEO of Vineyard Wind, located in Cape Cod.

He is looking to install wind turbines off the coast of Cape Cod. My first question for Lars was why he started working at Vineyard Wind and why he wants to work for Vineyard Wind?

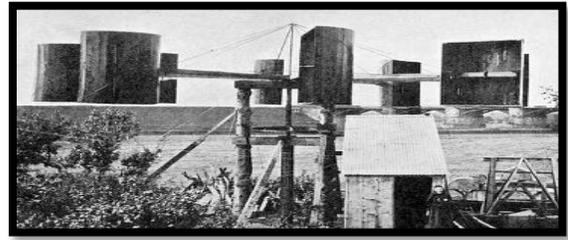
Lars said that before the year 2000 he got interested in climate change when he was about 13/14 years old and what climate change is, so he went to college to study on how to stop climate change and to help keep it from happening. The second thing I wondered about climate change was how big is a wind turbine?( a wind turbine is a windmill that produces energy) Lars said that a wind turbine is the size of the Eiffel tower and that it's close enough to the size of the Empire State building which means it's very big indeed .



### *Wind Turbine Size*

An interesting fact that Lars told me was that the first wind turbine made was in Scotland and the year was 1887 by an engineer named James Blyth. You can see him by the shed in this picture from [Wikipedia](https://en.wikipedia.org/wiki/James_Blyth). He did

this so that he could power his lights.



The first wind turbine made in the U.S.A was made in Ohio in 1888 which was one year after the Scottish turbine was made, which is pretty cool if I do say so myself. Anyways let's move on to the next question I had for Lars, which was why are the turbines located in Cape Cod? His response to that question was that when they tried to look on a map to see where they could put the turbines and they knew that they wanted to avoid the part of the ocean that has a lot of whales that migrate through it, because if they put it near the whales they might hit the turbines. Another part of the ocean had lots of fishing boat activity and they didn't want the nets to get stuck on the tower anchors so they had to put the wind turbines where nothing was happening. They also had to look at where they could plug them to the land somehow, so this was a good fit. Wherever groups of these wind turbines are installed, they are called wind farms. To sum up everything that has been stated in this climate change story I hope you learn what climate change is and how we



can work to stop climate change.  
Thank you bye.

## Remote Snow Day

*By Cassius McCue*

This February first, we experienced an Historic event - the first ever remote snow day! It was the first time we have had school during a snow emergency. All City offices were closed but all Amesbury students and teachers still met, only we did it online. This was during a big snowstorm and affected all of the homes all around Amesbury.



How were we able to do it? We had the technology, so we were able to just have school instead of cancelling and then having to make it up in the spring. We all used Google Meet and the other Google tools to log in, talk with our teachers and do our work. The reason for the snow emergency was safety! What if trees fell on wires or blocked the roads? Driving was unsafe, and plows had to keep the roads clear. If the storm had been

worse, and there were power outages, we would have had no school at all, because if you have no power you can't go online. For the kids who were remote already, this was different for them, because they were dismissed at 1. For everyone else, they still had school but it was remote. It was good because nobody had to travel, but it was still hard to concentrate with the excitement of snow falling outside of our windows. Still, we won't have to make it up in the spring, so I am glad that we had the snow day that wasn't. Snow days will never be the same again.

## Dinosaurs with Jaxon

*Jaxon Flodstrom*



Hello there, this is dinosaurs with Jaxon. Dinosaurs lived millions of years ago. Did you know that Some dinosaurs were reptiles and some were mammals? Today we are going to be talking about the Tyrannosaurus Rex and all of its body parts. How tall it is and its arm size? Did you know that the T-Rex's arms are the size of a



full grown man? That's crazy, right? The T-Rex was 40 ft tall...about 9 times bigger than a full grown man. Did you also know that the T-Rex's teeth are around the size of bananas? Think about that the next time you find yourself holding a banana, and imagine a mouth full of teeth that size! Dinosaurs like the T-Rex lived in North America and Asia which is now Montana and Wyoming. How sharp are their teeth and what did they eat? The T-Rex was a carnivore with razor sharp teeth so that it could bite through its food, which were other dinosaurs like the Edmontosaurus and Triceratops. You might be wondering how they died, and this is something that scientists are still learning about. They all agree that the dinosaurs died out because an asteroid hit. That blocked out the sun which killed plants so the Herbivores couldn't eat, so the T-Rex's starved to death. They survived before the asteroid by eating other dinosaurs because it's a carnivore. If you're wondering if we would still be alive if the dinosaurs were still around, we would not be alive. Some scientists say that if it had not been for that meteorite hitting the earth, that we would not be here! That's all for the T-Rex, on Dinosaurs with Jaxon.

Thanks for doing your ST Math!  
Together we can make it to a Million!

## New School Rules

*By Cassius McCue*



With this new school year came lots of new school rules that are very different from what we knew before, but we are lucky that we are even going to school in a Pandemic. We are going to school in what is known as hybrid learning right now. There are two cohorts that separate each class so half of the class will be in Cohort A and another half of the class will be in Cohort B, with only one cohort in the building at a time. The first new rule I wanted to talk about was the new lunch tables. I think that they came up with an awesome way to keep kids safe. They spread out the tables, and placed a green dot at the end of each bench where each person could sit. It's more difficult to sit down, because you have to put your legs over the bars that hold the table up. The other new rule that helped separate the classes was that one class gets the playground while the other class gets the blacktop next to the small playground. The third new rule that we have is that the



Specials teachers can not use their own classroom, so each one now comes to our classrooms to do their activities with us. The only Specialist that can use their classroom now is Mr. McBrien. He will be using the computer lab, because he can't bring that with him. The students are well spaced apart and the machines are sanitized between classes. You will also notice that there are lines down the hallways, to remind us to stay on our side for social distancing. There are also new hand sanitizing stations along the hallways and by classroom doors. We can't share water bubblers any more, so we all use our own water bottles now. Fresh air is really important too, so you will find that each classroom now has an air purifying machine, and many crack their windows just enough to let in fresh air. That can make some rooms cold, especially now in the colder months, but I think it has made our rooms healthier. There have been lots of changes, but at least we are together in school! Hopefully, as long as we keep wearing our masks, keeping our social distance and washing our hands things will keep getting better.

## **Holidays during Covid-19**

*by Olivia Scorzoni*

As we all know, we are all deep in the grips of Covid-19, which is a global

pandemic. During the pandemic, two of the things you have to do is to practice social distancing and stay at home as much as possible. Some effects of Covid-19 are how we deal with holidays and gatherings. And I know myself it's been tough because usually on Christmas Eve I always have people over or we go somewhere as a family, but not this year. This year what I did to still be safe but have fun was to drop off presents at my cousins, aunt, uncles, with a mask on, of course. Also we went to go see a drive-through light show! My family and I did some of the things that we usually do too, like we gave Santa milk, cookies, carrots. The carrots are for his reindeer, but he should probably eat them instead of the cookies. We also did the somewhat normal Christmas day celebrations like opening stockings and presents, food I guess but we still had fun playing games without people over. Also for New Years we did the same thing. We stayed home and watched the ball drop on TV and had fun driving around just to see what people were doing this holiday season. I hope this applies to other people too and if you do go somewhere be safe, not just for holidays but for everyday so that we can have not as many people get Covid-19. I want to make 2021 better by being safe and being kind. Thank you and goodnight.  
Olivia scorzoni.



## The Newspaper Club

by *Eliana Tryon*



In this article, I would like to tell you about the AES Newspaper Club. "What is the Newspaper Club?" You may think. Well, You know this article you're reading, or this show you're watching? Well, this was surprisingly all written and put together by kids! The 4th graders at the Amesbury Elementary school work hard all year to put together the "AES Explorer". When everybody finishes their stories, we put together all the stories to make the newspaper and news show. It may sound surprising, but the students are the only ones that write the stories for this newspaper. This year, there are 18 participating students writing the newspaper. Even though the kids write the stories, Mr. McBrien, the tech teacher at AES, is the club advisor. Even though we write the stories, the club would not exist if there was not a teacher supervisor. That's why Mr. McBrien's role is

Important. Some of the topics we wrote about last year were: the new principal, playground rules, JEOL (and how they were helping with COVID-19), and so much more. This year, we're in quarantine from the very beginning. So, some people are writing about how it is doing hybrid, how it is doing remote, and about first responders, like firemen, ambulance drivers, and police officers. Some people might think that this year there is nothing to write about, but this is a historical time, this may be one of the most interesting times to write about. Our hope in the newspaper club is to get at least 2 newspapers out. We hope to get as many out as we can though. I hope you all have a nice day. Goodbye!

## Our Neighbors' Table

By *George Haight*



*Courtesy Photo*

We have a great thing in Amesbury, and it is called Our Neighbors' Table, also known as ONT.



It is an organization here in Amesbury, that serves the region. It also has a market, which is like a small food store in their new building on Main Street.



*Courtesy Photo*

My mom, Lyndsey Haight, is the Director, so I have seen it in action. I wanted to know more about it, so I sat down with her for an interview. “We are a place where people who lost their jobs can get food that they don't need to pay for,” she said. “We also deliver food to households in case they are unable to get to us, or in case you can't leave the safety of your house.” she said.

“Covid 19 made ONT close it's market and they made an online Website so people can order food for curbside pickup”, she said. “We have lots of volunteers who had kids and home chores and it was not very safe for them to be there and possibly be exposed. So unfortunately they had to leave”, my mom said. I asked her if that made it more challenging to stock the food, and she explained how they

had to put in many safety restrictions like how it is needed to wear masks and social distancing. They also were a lot busier and needed to give out a lot more food because of greater need”. My Mom's job is to raise money for the program, to make sure everyone stays safe and to help the team figure out how to give away food, like for example the online Website. When times are tough my mom also helps keep up positive vibes. I think we are very fortunate to have ONT in Amesbury, and I am proud of my mom.

## **Remote Learning**

*By Emmy Kmiek*

Remote learning is not new, but it is new to many of us because it is how we are going to school during this pandemic. Some things are the same, but some are different, like the way lessons are taught with remote teachers. In addition to meeting virtually with us, the teachers have to make their teaching different by recording lessons, and providing materials that allow us to work asynchronously.

That is another word that we have come to know well. It means doing work but on our own schedule. When you're in school, the lesson is just a lesson they teach right in front of the class. Another thing is being remote is that since we are not physically in



school so we can't really hang out with our friends unless you call them on your iPad or phone and that's not always possible.



*Mrs. Ramos Reads Online*

Kids like me are fully remote, which means that we don't go into school in hybrid cohorts. The cohorts are the groups that come in for two days and then are remote for two. We are all asynchronous on Wednesdays. I can tell you it's hard because we keep getting people leaving our class and joining our class because they are returning to or leaving the Hybrid classrooms, which has happened quite a few times. Another change we have is that we have a substitute teacher. My teacher had a baby and has been out for a while, so we have a long-term sub. She is very nice, and there are some different things but she has made it a lot of fun. We do things like play Among Us themed math games, and Battleship math and they are all fun. One of the hardest things about being remote is when you have a friend that has to go hybrid so they

leave the remote classroom. It's not easy but we get through it. I'm glad that our class is fun. There are a lot of fun people and there's a lot of stuff that we can do. I also want to thank all teachers for trying to make lessons fun in this crazy time. I thank all the teachers for working so hard.

## **Sweet Paws Rescue**

*By Leo Oakes*

The Sweet Paws Rescue is an organization that operates in Alabama, Mississippi, and Massachusetts. The SPR's slogan is "Saving the world, one dog at a time." The SPR is foster based, so most cats and dogs are cared for by other humans before they find a forever home. It's also volunteer powered, so most of the work is done by ordinary people helping the Sweet Paws Rescue.



Since 2011, 7000 cats and dogs have been rescued by the SPR. If you want to know how you can donate to the Sweet Paws Rescue, you can do it both



digitally and physically. At Vermette's Supermarket, 6 Pond Street and there is a little bin where you can donate, or you can go to [sweetpawsrescue.org](http://sweetpawsrescue.org) to donate. A lot of dogs (and cats) That have been rescued by the SPR have lived full and happy lives.

This story was from the Sweet Paws website, but I tweaked it a little. One adopted dog from Sweet Paws Rescue was called Kit. Kit was a foster pup. Prior to being rescued by Sweet Paws Rescue, she and her sister were living in a junkyard in Massachusetts year round. When Kit was adopted, she was brought to the beach to meet the owner's other two rescue dogs. Kit was a bit nervous but kept it together. After a few days in her foster home, she began to learn what house dogs do. She would study what the other two dogs would do and then sort of copy them. After a few weeks, it was decided she would live with them full-time. She was so excited, she did her first zoomie (which is when cats or dogs slide across the floor) right into her owner's lap. I thought this was a nice story of how the Sweet Paws Rescue helps dogs.

Recently, I interviewed a Sweet Paws member of the board of directors named Judy Luff, and asked her why she joined the Sweet Paws Rescue and she said, "I've always loved rescuing wildlife. Once I rescued a racoon in my backyard!" Then I asked her what it is like being a

member of the Sweet Paws Rescue and Judy said, "It's very rewarding. I get to work with nice people who all love dogs just as much as I do." When I asked her who founded the Sweet Paws Rescue, she told me that It was founded by a woman named Cynthia Sweet, which is why the organization is called Sweet Paws Rescue. I asked her how many volunteers they had at the organization had and she said, "We have a couple hundred!" "Wow!", I said. Judy informed me that pre-Covid, they rescue about a thousand dogs a year, and post-Covid, they rescue about 17,000 dogs a year, since there's a lot more people needing a dog or cat to keep them company. "That's surprising!" I exclaimed. Then Judy told me, "We have a headquarters in Groveland, Massachusetts, where there's a quarantine shelter where we keep the pets, because they need to be in quarantine for 48 hours after they are rescued from Alabama and Mississippi." I asked whether the people who foster dogs and cats adopt them, or is it temporary. "Sometimes, the fosterers adopt the pets," she said, "and sometimes it's temporary. You never know." "I am curious," I asked, "about whether or not COVID- 19 has affected the Sweet Paws Rescue?" "People are home and need a pet", she said, "and thus the Sweet Paws Rescue rescues more dogs and cats (and has seen more adoptions). Then I asked,



“I’m sure our readers will want to know how can people help, besides donating?” “Donating is definitely a good thing to do”, she said, “and we always need foster families.” I encourage you to donate to SPR, so they can save more dogs and cats than ever before!

## The Amazing Mrs. Ripley

By Casius McCue

I was interested in how the very different school year has changed things for teachers, so I interviewed a 4th Grade Teacher, Mrs. Ripley, and asked her some questions. The first one I asked was; what is a positive thing about remote learning? “Although this year is difficult for teachers, students and families,” she said, “there are silver linings. I think one positive thing that has come out of remote learning is the ability to be flexible and problem solve.” I had heard that she had not always been a teacher, so I asked her what she had done before, and she answered “Before I was a teacher I had a few very different jobs! After college, I worked in television news as a managing editor at Boston25. I was in charge of finding and setting up interviews and news stories for the reporters and photographers and sending them out to get them done. I was also in charge of the station's helicopter! That was fun! Then I went

to work as the Deputy Director of Communication for the Middlesex District Attorney’s Office. That’s a fancy title to say that I worked with the media (reporters from magazines, newspapers, television stations, and radio stations) to share information about cases from the District Attorney’s Office. The District Attorney’s Office decides whether to bring criminal charges against arrested people, and then prosecutes criminal cases in court. While I was going to school to be a teacher, I moved to work with Massachusetts Partnerships for Youth. At the time, the organization was part of the Middlesex District Attorney’s Office that focused on education and prevention programs for teachers and law enforcement. And now I have the best job I could ever imagine, teaching at AES!”



My next question for her was to ask if it was harder for her to teach at home or at school. “I find teaching from home to be difficult,” she said, “to



ensure students are completing their work or advocating for themselves when they need support. While we are at school I can see how a student is doing and can help provide support immediately. If a student doesn't speak up during remote learning or isn't honest when I ask if he or she is ok, it can be hard to see if someone is having trouble before an assignment is handed in. I prefer to teach in person everyday! Nothing compares to the connections you develop with students in class and the conversations and discussions during lessons the day fun! I also love to work on projects with my class and they are much easier to explain and start in person. I understand being in person is not an option for every family right now and I know our remote teachers are doing an amazing job building connections with their class and making everyday enjoyable for their students!" I knew that she was a mom, so I asked her how remote learning affected her family, and she said "I have three kids at home. The little one is in preschool and his life is not impacted by Covid, thankfully! My other two are in school. My oldest, Addie, is in second grade and she is in a hybrid model where she goes to school on Thursday and Friday. My middle, Ty, is in kindergarten and goes to school four half days a week. Remote learning has impacted my family because I can see how not

being in school to learn and be around your peers impacts a child. My daughter would love to go to school everyday! She misses her regular school days where she could work with friends on assignments and play at recess without worry. It has also impacted us because my husband and I have jobs that require us to work outside of our homes. We have had to juggle childcare like so many other Americans during this time." Knowing that there are lots of new rules in place this year, I wondered if they had an impact on her teaching, so I asked her. "The new rules do not make it harder to teach necessarily, we just have to teach differently," she replied. "I love when students can work in small groups on assignments and projects and collaborate together. We can't do that now which I think is sad so we just rework how we provide instruction. I am happy to troubleshoot how to teach with the new rules if that means we can still be in person together!" Next, I asked her if it was easier to teach with just half of her class present, and she said "I think class size plays a huge factor in student success! The smaller number of students in a classroom allows for the teacher to provide more individualized support everyday, but that is an issue that needs to be addressed in the education system throughout a country! Even though our class is split



in half, I am still planning and providing instruction for all of my students between both cohorts so my workload has not changed. It is actually increased significantly now that teachers need to plan and provide in person instruction and remote learning assignments everyday.” I know that wearing a mask was an adjustment for me, so I asked her how it impacted her teaching, and she replied “at this point, I am used to wearing a mask and if that is what we all need to do to make it safe for students to be back in school then I am more than happy to wear one! Sometimes it makes it difficult for me to hear what a student is saying, but we could all use a little more patience and that is a good thing to practice. Wearing masks makes me realize how much we rely on reading lips in addition to listening. But overall it doesn’t make it harder, it just makes me miss seeing my students’ faces. I really enjoyed interviewing Mrs. Ripley and I hope you enjoyed reading about this awesome teacher.

## Visiting Animals-At Home!

By: *Eliana Tryon*

Hello! Before quarantine, did you ever visit the zoo, or aquarium? It’s likely you have. Isn’t it cool to see all the animals? Well, just because we’re at home, that doesn’t mean we can’t see them! There are some zoo

and aquarium websites that have webcams! The Smithsonian Zoo has Cameras for Giant Pandas, Lions, Naked Mole-rats, and Elephants! The most popular ones, (and my personal favorite!) are the Giant Pandas! Their names are Tian Tian, Mei Xiang, (may-SHONG) and the new baby born in August, Xiao Qi Ji!(it is pronounced SHIAU-chi-ji) He is currently six months old and he is adorable! Xiao Qi Ji and Mei Xiang’s cam can be found at this website:

<https://nationalzoo.si.edu/webcams/panda-cam!>

Now, if you are more interested in sea creatures, you can see them, too! Locally, the New England Aquarium offers virtual tours, including the Penguin Transport!



The Clearwater Marine Aquarium is home to a bunch of amazing animals and creatures. They have some webcams, too! The animals in those cameras are Dolphins, Sea Turtles, Otters, Pelicans, and Sting-rays! And yes, I did say Pelicans. There is a webcam on the roof! You can watch



these amazing Sea-birds in action! The people even go out and feed them! The most popular, though, are the Dolphins. You remember the movie "Dolphin Tale"? Winter the dolphin actually calls this aquarium home! Along with Hope, who was rescued five years and one day after Winter. There is also another dolphin, PJ, that will be slowly transitioned into the main tank, where she will live with Winter and Hope! You can find the "Winter and Friends" cam at this website:

<https://www.cmaquarium.org/webcams/winter-zone-cam-1/>! I hope you can visit these amazing animals in person someday.

## Whit makes a Visit!

By Patrick Cook



There is a new popular dog in town - Whittier the service dog! Whittier is a comforting service dog owned by Amesbury Police Department. Whittier visits people in the community such as students, the elderly, and eventually he will go to hospitals. You may have noticed

Whittier in our school- AES! He brought joy and smiles to all the students there.

I asked officer Peters (Whittier's owner) how did you come up with names for Whittier? He replied, "We put a bunch of names out on Facebook and people voted for the name they liked best. Some of the choices were Mac after the Merrimack river and Whittier after John Greenleaf Whittier." Whittier has been with officer Peters since he was 11 weeks old. Officer Peters told me he had to apply and send a resume so you can tell Peters is glad he was picked to have the responsibility of taking care of Whittier. This is actually Peters' first service dog ever! An important part of taking care of Whittier is his training. Peters trains Whittier by being positive and giving treats when doing a good job. Not all dogs can be service dogs, so Whittier is very lucky!

Whittier also gets some vacation time with Peters so he gets to play a little. In Whittier's free time he plays with Peters and also trains more. The police have Whittier so they can be more involved with the community and talk to people they wouldn't normally get to talk to. Currently Whittier visits schools, senior centers, and you may just see him in the community downtown!

I got an opportunity to watch Whittier in action and I observed some amazing things! There were connections being made with students! Whittier is also the calmest dog I've ever seen. People got to pet Whittier and after they did they were so happy and absolutely shocked with



love and excitement. There was a smile on everyone's faces the entire time. It was the happiest thing I've ever seen at AES.

In conclusion, Whittier is an amazing dog who has awesome traits and I'm so glad he is in our community.



And of course, we celebrated Dr. Seuss' birthday with Read Across America! This year it was different, as so many things have been. Instead of our readers coming in to visit us, several wonderful guest readers recorded themselves reading their favorite stories for students and families. Thanks to everyone who helped make that happen!

