



What's New at NMS?

TIPS FOR NEW TRACKLETES FROM EXPERIENCED TRACKLETES

By Brynn Sellers, Londynn Clifton, Layla Koch, and Krista Bergman

If you are new to track or forgot some things about last year, this article is for you. Krista, Londynn, Layla, and Brynn will share some tips and tricks that they learned last year during track!

Hi, I'm Brynn. Last year I did track for the first time and I ran the 800, 4x8, 400, 4x4, and the 4x1 once. I learned a lot last year, but the main thing I learned is to always stay ready and active. At our first meet, we were at Sandusky. I ran the 4x8, which is the first event, and then went to sit down with my parents until my next event. TERRIBLE IDEA! When I went to run my next event, the 800, my legs were frozen! I couldn't feel them at all and I didn't do too bad, but I could've done better. So, my advice for you would be, make sure you stay moving. I know you will be tired and cold, but at least stay walking around! Good luck, and remember, stay ready for anything!

I'm Londynn and I did hurdles, high jump, and some running events last year in track. I am going to tell you two things you should remember if you are new to the sport. ALWAYS BRING FOOD!! One time last year I was on my way to an invite with a couple other people and I was sitting with Laney when I realized that I didn't even bring food. If you didn't know, track meets last a couple of hours. Anyway, Laney brought a bunch of food. So I had to share with Laney and we didn't have as much as we needed to stay fueled for the meet. But, luckily that meet got canceled when we got there from the storm. Next, you need to know when your event is getting called. You cannot miss your event!! The team manager had to track so many people down last year because they weren't listening to the calls over the LOUD speaker. If you know someone in an event that just got called, tell them. If you miss your event it gives the team less points than if you placed eighth. At every meet the people in the box are announcing all of the events. And they always announce it 3-4 times before the event actually starts. So pay attention if you're on a break. I hope this information was helpful! Remember to always listen to the coach. Trust me he DOES know what he is talking about.

My name is Layla and I did track and field last year. I ran the mile, 4x800, and the open 800. I want to share some very important tips about relays to those who are new to them. The most important aspect of relays is communication. Last year, at the very first meet, it was freezing. It was raining, and it was very windy. I brought a long sleeve shirt and leggings to wear under my jersey. When I met up with my team, we realized that one person did not bring leggings. For relays, your team has to be matching almost perfectly. You must wear the exact same thing and have the exact same brand symbols showing. Because one person didn't realize we were wearing leggings, we all had to change out of them and be cold. We were all soaking wet! Always make sure to talk to your team the day before meets so you are all on the same page.

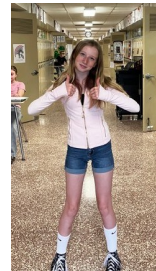
If you are doing a relay, it is also very important that everyone on your team is able to efficiently do the handoff. Whether it is a sprinting handoff or a distance handoff, everyone on your team needs to be able to do it. Handoffs are the most common way of being disqualified from a relay event. Many people last year dropped the baton and it rolled out of the lane, ran past the handoff mark, or tripped each other while trying to pass it. It is super frustrating that one mistake can ruin all of the hard work that the team just put in. Make sure to ask your coaches to practice your style of handoffs so your whole team is ready. Good luck this track season!

My name is Krista and I did high jump, long jump, and 4x400 last year in track. I know our coach says it a lot, but it's true, the weather is totally unpredictable. One time we were at Sandusky and I did the 2 first events and the last event. When I was doing the first 2 events, I was freezing. We had blankets we traded off of until it was our turn to jump. After I was done, I just hung out until I was ready to run. I was freezing in my uniform for my relay but I did not have any layers. I was so cold and I did not do my best because I did not have layers. So always have hoodies, pants, leggings, and a long sleeve shirt in your bag. Be prepared to compete in the rain, snow, hail, sleet, burning sun, and blasting winds. Good luck and have fun this track season!

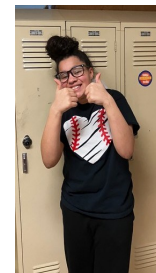
Jazz Band Offers NMS Students More Fun Options

By Emma Holbrook

The jazz band in the Norwalk Middle School is a very fun thing to do after school. People in band, orchestra, or anyone who knows how to play an instrument can join.



Kellen Marshall plays the guitar but in the regular band plays the clarinet. The best part of jazz band to her is advancing in playing music. She chose to play guitar instead of the clarinet because she already knows how to play it, she wants to get better at it, and she thinks it is cool. She wanted to be in jazz band because she thought it was a good after school activity and she wanted to get better at reading music.



Another person who joined this band is Savannah Cook. She likes it because she likes the music and her friends who are also in it. She chose to play the clarinet but is also learning how to play the oboe. She wanted to be in jazz band because it sounded cool to her and she had a lot of fun when she joined.



Parker Good plays the violin in the band. The best part of jazz band to him is making new friends. He wanted to play the violin because he thought it was unique and already knew how to play it. He wanted to join because he wanted more opportunities to learn more music.



Another band member is Amelia Ferguson. Her favorite part of jazz is talking to people, especially her friends. She decided to play the flute because she already knew how to play it. She joined because one of her friends convinced her to join.

Meteor Mania Hits Ohio

By Dhruvin Bhatt and Andrew Palacios Mendez

On March 17, 2026 a meteor lit the sky and crashed into Valley City! The meteor was 6 feet and about 7 tons in weight. It streaked across the sky at a blazing 44,000mph according to NASA. It entered the atmosphere and came down and blew up around 27-50 miles above the ground level. The meteor had the energy equivalent to 250 tons of TNT. The meteor was too small to be spotted by NASA before it entered Earth's atmosphere.

It made a sonic boom that stretched over hundreds of miles and could be heard from New York! The boom was so loud it broke the sound barrier! The meteor looked like a streak across the sky with a fireball tip and could be seen briefly for a few seconds. The meteor is considered to be a bolide, or in simple terms an exploding meteor. A bolide is known to be brighter than the surface of Venus!

The difference between meteors and asteroids are drastic. First, asteroids are big rocks that are pulled in a belt by the Sun's gravity and around the planets. And sometimes one can go off course and head towards planets like Earth. The meteors are the streak of light as they enter the atmosphere. The meteoroid is a part of the rock in space that also orbits the sun just way smaller, almost being the size of a grain or a couple of meteors. Most meteors don't enter Earth let alone make it onto physical Earth before disintegrating. The lucky ones that do make it to Earth are called meteorites. This is the coolest thing Norwalk has seen in awhile!

KIPP REPS NMS AT ADIDAS MEET

By Emma Holbrook

Lillian Kipp went to the Adidas Track Nationals March 20th. She placed third in the shot put division. She first became interested in track in the summer of 6th grade. She decided to do shot put because she was strong and she was too slow to run. The farthest she has ever thrown is 36.11 feet. The Adidas Nationals is a meet for middle schoolers if you sign up for it but there is great competition so it is hard to place. A hard thing she had to overcome was using her legs to power the shot put forward, while a goal she has for this year is to break 40 feet and get into state and place.



EDGE SOCCER CLUB HELPS BUILD SKILLS

By Gabryella Blackburn, April Aguilera, and Lexi Branham

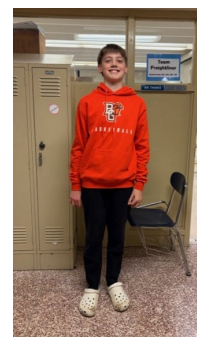
Edge GFSA is a soccer club in North Central Ohio. It has recreational leagues, competitive club teams, elite pre professional programming and league play. Edge focuses on innovative training, strategic play, and a culture of amazement. Here to inspire and empower the next generation of soccer fans. GFSA represents a bold vision for the future of soccer. Recently they have changed their club name to Greater Firelands. The founder of Edge GFSA is Nico Samaniego.

We talked to a few people from Edge fc. The first person we talked to was Aiden Tolle. We asked him why he plays in the position he does and what position he plays in. He said he likes the play style and he is a striker. Next we asked how he handles frustration during a game. He said he takes deep breaths to help. Then we asked If he did not play in the position he plays in which position would he want to play in and why. Aiden said midfield because you can go back and help on defense. Next, we asked what the worst injury he has had in a game is. He said he broke two fingers because he was going for the ball and his fingers got stepped on. The last thing we asked was how he handles losing. He said he accepts it and learns from it.

The next person we talked to was Hudson Meagrow. We asked him why he plays in the position he plays in and what position he plays in. He said he's a left wing and he plays there because he is not a defender and left wing is not a defensive position. Next, we asked how he handles frustration during a game. He said he moves on from it and does not think about it or let it get to him. Then we asked if he did not play in the position he does, what position would he play in and why. He said he would play center because you get more of the field to play on. Next we asked what the worst injury he has got in a game is. He said the ball hit his stomach and he got winded. Last we asked how he handles losing. He said he does not let it get to him and he uses it to get better in training.

The next person we talked to is West Pittenger. We asked why he plays in the position he plays in and what position he plays in. He said he plays in attacking mid and he plays there because he is good at passing and you have to be good at passing to play there. Then we asked how he handles frustration during a game. He said he just focuses on the game. Next we asked if he did not play in the position he does then what position would he play in and why. He said he'd play center back because you can get away with fouls easily. Then we asked what the worst injury he has got in a game is. He said he got a concussion because he got hit and his head hit the ground. The last thing we asked is how he handles losing. He said he moves on from it and moves forward to his next game.

The last person we talked to was Alivia Darovich. First we asked why she plays in the position she does and what that position is. She said right wing and because her coach put her there. Next we asked her how she handles frustration during a game. She said she shoves people to the ground. Then we asked her if she did not play in the position she does then what position she would play in and why. She said mid field because it is like right wing. Next we asked what the worst injury she has ever gotten in a game is. She said she sprained her ankle by getting slide tackled. And the last question we asked her was how does she handle losing. She said she just accepts it.



GAME POINT

An original story by Sofia Skolyak

The gym is hot from all the moving bodies and the players. Movement is everywhere but all eyes focus on one place, the court. A tall net in the middle, lines surrounding it to mark the boundaries. The bleachers are packed, filled with parents of the players and excitement.

The whistle blows and a girl serves. Three steps and a jump and the ball is flying over the net towards the other team. A girl passes it, saving it from nearly hitting the floor. It goes to the front row where another player sets it. The ball flies from her fingertips to the outside of the net. A tall girl takes an approach and swings at the ball, sending it over and straight down into the other side.

It smacks the floor and there's a pause of silence before there's an eruption of cheering. The tall girl, Kaylee, grins in disbelief. She had just scored the match point, they had won nationals. The team celebrates with laughter and happy tears, bouncing around.

Kaylee looks towards the bleachers, scanning over the cheering faces. Her excitement turns slowly into a pit into her stomach as she realizes she doesn't recognize anyone in the crowd. Not her mom, not her dad, nobody. She stares blankly until her teammate jumps to her, wrapping her arms around her. Kaylee forgets her disappointment as she's pulled back to her team.

Surrounded by her cheering teammates and coaches, compliments filling her ears, she realizes just how much she's loved. Even if her parents weren't there she would always know there were people proud of her, even if it was unexpected.



STOWER CITY

By Brynn Sellers and Londynn Clifton

In this series of articles we will interview staff in the school who have kids that also go to this school. For our first article we interviewed Evie Stowers and her mom, Nurse Amy.

The main point Evie made was that she LOVES having her mom here at this school. Unfortunately, Nurse Amy is only a sub so she is not here often, but when she is Evie loves it! When Evie's mom is here, Evie sees her about 2 times a day to say hello! There isn't anything Evie doesn't like about having her mom in the same building as her. Evie and her mom have a great relationship!

Evie's mom, Nurse Amy, subs here when Nurse Tyler is out. Since she works at Fisher Titus, she subs here and at other districts who use Fisher Titus. Nurse Amy enjoys being a nurse because she likes helping kids take care of their health. She likes being in the same school as her kids because she gets to see them throughout the day. Evie sometimes makes excuses to go say hi to her mom! Although Nurse Amy likes saying hi to her own kids, she also likes saying hi to all the other kids in the building, so if you see her stop in and say hi! You may think a nurse's kid wouldn't ever get sick, but Nurse Amy has treated all three of her kids.

Being in the same school as your parent or kid is an amazing experience that not many people get to have. If you ever get that experience you should cherish it.

MS. GUTHRIE'S KIDS ARE COOL!

HAPPY BIRTHDAY, MICHAEL!!!!

By Londynn Clifton and Brynn Sellers

March 27 was Michael's birthday and he turned 14! We went down to wish him a happy birthday! Londynn and I brought cupcakes and a card down and we ate the cupcakes while we just hung out. Michael challenged Londynn to an arm wrestle and won twice! His teachers told us that he has been lifting

“WAR MACHINE” IS A NETFLIX WINNER

By Mason McKeef

“War Machine” is a movie that follows a military unit that's trying to become Army Rangers. During training, they face a machine from space.

“War Machine” is a sci-fi movie that is called a “throwback” to the “Predator” movies. Some people found it a fun, gripping watch. Others described it as an unforgettable watch. The CGI in the movie is amazing and looks very real. The actors that are in the movie did an amazing job, and are led by “Jack Reacher”'s Alan Ritchson.

The movie got an 80% on Rotten Tomatoes. In my opinion the movie was a 10/10. I would recommend watching it.



EPILOGUE

The following is the conclusion to “The Eclipse,” an original story developed by Dhruvin Bhatt and Andrew Palacios Mendez. The first chapter can be found in our previous issue.

Concluding section at the end of a book, play, or story that wraps up loose ends, reveals the long-term fates of characters, or provides final reflections.

I searched this up today. It told me a false definition. If you look beyond the lines you see something far greater. The world is all about propaganda. Heck, my journal might be propaganda. No, seriously though I know that none of the things they say are really true. There was an event at the borders. It was called The Epilogue. I was outside watching it, it was a protest against the families being separated because of the war and lots of people died or they were listed as missing.

One of the people that were missing was my sister, Anna. The last time I saw her was two years ago. I had seen her wake up and we had breakfast together and she went out for work. When the war started. It was a regular day and on the news it told us the war had started. There was smoke everywhere signifying the war has started and people stay in shelter because of air raids or bombs. There was a strike around 1 or 2 miles away and it felt like the world was burning.

My sister was a firefighter. And she called me and told me I have been put onto emergency situations and I have to report to anything my station tells us. I was praying for her to be safe as I sprinted to the apartment bunker. Grabbing some belongings and food

After 2 days we were safe to leave our bunker and go to our apartments. The city was in ruins, including our apartment complex. I had grabbed one picture of her, my mom, and dad. In the ruins one thing was safe that I found that was in my apartment. The sunflower I planted a couple of weeks ago. It was budding, the sunflower looked completely fine. The sunflower gave me hope to keep going through this war.

During The Epilogue many bombs were launched and there were threats of nuclear or atomic bombs. But none were launched, just normal missiles.

The Dreams

I woke up in the middle of the night and I was in the middle of the street. I walked through the lonely roads. Trying to find my way home. Once I got back home, I got into my bed. I try to go to sleep but I just can't. Then, I woke up. It was all a dream.

I keep getting dreams like this. But, now there is a shadow figure in my dreams. I feel like it wants to tell me something. But every time I approach him he runs away. It's like he can't communicate with me.

I woke up today and did mostly nothing. I saw the news and it said, people are having very hard times sleeping and are developing paranoia. Today the war started again. We were one of the targets. We got bombed very badly and most of us died. On September 12, 2077, Nyx and Lux died along with the story of The Eclipse.

ONCE A CHEERLEADER, ALWAYS A CHEERLEADER

By April Aguilera

Hunter Jackson, an eighth grader, is trying out for the cheerleading team his freshman year. Hunter puts the work in consistently to accomplish his goals. He learns quickly. Just about a month ago he started tumbling and now has gotten very far with it.

He wants to be a part of this team because he is interested in the good energy and spirit that comes with it. He will contribute to a positive team environment by trying to make everyone laugh or put them in a better mood. He will encourage everyone and hype them up with his ability.

His best quality is his round off back handspring with a spot. He needs more work on his motions. Hunter learns from going to tumbling class every Monday and asks the high school coach for advice. For the upcoming season Hunter wants to achieve his back tuck. If Hunter was to design his own cheer bow it would be navy blue, gold and white with rhinestones all over. We wish Hunter and all the cheerleading hopefuls the best of luck!



A TRIP TO BUFFALO FOR WINGS

By Emma Holbrook

Buffalo wings were invented in 1964. They originated in Buffalo, New York. Teressa Bellissimo is the one who gets the credit for making the first wings. Usually, they just throw away the wings or put them in soup. But she decided to deep fry and dress them in hot sauce. She made them because her son was having friends over and they had nothing else in the fridge. They were invented at the Anchor Bar in Buffalo, New York. Since they have created the Buffalo wing, the Anchor Bar has opened many more locations.



RED SHAMROCK IS A WONDERFUL PLACE TO EAT (AND WORK!)

By Connor Hoffmann and Ryker Crumrine

Being the month of Saint Patrick's Day it's perfect to eat some Irish foods. The Red Shamrock is a local restaurant that has some of the best Irish food that I've ever had.

Red Shamrock is owned by Matt Marshall and his 2 kids, Liam and Kellynn Marshall, who both go to Norwalk Middle School.

We talked to some of the kids that worked there to get their opinions on the Red Shamrock. Cora Johnson is a hostess and she washes dishes. She says that it's a very positive place and everybody there is nice.

Bobby Hovatter washes the dishes and works at the frier, he says that the place is filled with interesting people and he likes to talk to meet new people. Overall, the Red Shamrock is a very good restaurant with amazing food and service.



Liam (Left), Bobby (Right)

THE SHADOWMAN, PART ONE

An original story of horror and suspense by Mason McKeef. The conclusion will be published in our next issue.

In 1985, there was a mall that everyone went to. One day when people went to the mall, it was closed.

Now it's 2026 and the mall is still closed. So a group of teens went to the abandoned mall to see why it closed. The teens, named Brad, Nick, Josh, and Jake, snuck in through a back entrance. Once they got into the mall, the teens decided to split up.

Once they split up, Brad went to the old TJ MAXX. As Brad was walking he heard something fall. Brad yelled, "Who's there"!

There was no answer. After a while, Brad continued walking. As he was walking he heard something again, but he continued anyway. At another part of the mall Nick was walking around when he heard footsteps behind him. When he turned around no one was behind him. As he continued to walk Nick saw a large black shadow with a top hat. As Nick was looking at the shadow, it darted toward him.

Nick stood there screaming, "HELP"! As the others were walking they heard Nick screaming, so they ran toward the sound of his voice. Nick was on the ground just staring at the wall where the shadow was.

The next day, when the teens were in school they noticed that Nick was absent. After school Brad, Josh, and Jake went to Nick's house. Once they got to Nick's house no one was home except Nick. They went inside, and once they got to his room they saw him staring out of the window. Jake walked to Nick and said, "Hey".

Nick didn't respond. As they stood there Nick said, "Can you leave? I don't feel good".

The others said ok and left Nick's house. Later the same night as Nick was sleeping he heard a voice in his head. Nick woke up sweaty and saw the same shadow he saw at the mall in the corner of his room. As Nick laid there, unable to move, the Shadow slowly walked closer to Nick. Nick tried to scream but no sound came out. So he had to just lay there. Once the Shadow got to Nick's bed, it put its hand on Nick's face and said, "You're perfect".

THE EASTER BUNNY: A TREAT TO MEET

By Evie Stowers

Charlie's big blue eyes caught a flash of movement. It was Easter, and he was on a hunt to find the iconic Easter Bunny. A whiff of sweet candy floated to Charlie's nose, making his eyes pop in delight.

Is that... the Easter Bunny?

Charlie leapt forward, his legs carrying him to the delightful smell. Cotton candy colored eggs popped with color as the world blurred past him. He didn't care about the eggs, nor the candy. All he cared about was the Easter bunny...

Maybe Charlie was delusional, but he heard big thumps against the ground, a rhythmic beat like something was hopping...

The golden sun shone brightly in the sky with pastel colors splayed around it like watercolors on a canvas. Entirely opposite of the sun, the crescent moon was on the horizon, stars speckled across it like flecks of paint.

The pounding against the ground stopped, and Charlie screeched to a halt as something huge, white, and furry came into view. His breath caught in his throat, but a stick crunched under his foot as he stepped forward. The animal's head whipped around, and Charlie's heart glowed.

It was the Easter Bunny.

The bunny was huge, probably topping six (or seven) feet tall. Compared to Charlie, the rabbit was about three feet taller and wider. The rabbit seemed innocent, its brown eyes gleaming in the golden rays of the sun, its expression like molasses.

Charlie stepped forward, his curiosity winning him over. The bunny also stepped forward, nose twitching. The rabbit leaned down, and Charlie ran forward to hug it.

Something felt off, and Charlie started to cry out. But then, his screams were soon silenced as the bunny swallowed him whole.

