



## Ways To Improve Your Mental Health

By Hailey Mckeaige

*(Mental health: A person's condition with regard to their psychological and emotional well-being. It is all about how we think and feel, and our behavior.)*

Mental health is something that every human being has. Every single person that you will ever meet and the people around have mental health. Think about that for a second, take a good look around the room you are currently in. You should see many people around you. They each have mental health. However, their mental health may not be as well as yours. Sadly, some people in the world don't have the best mental health. I'll just say that some people may be depressed or may not be comfortable with living in their own bodies. And believe it or not, some people may feel this way at a very young age, your age even. And if you are one of the people who does feel this way, I think I may have a way to help you out. Today, I'm going to write about ways to improve your mental health! Now keep in mind that I was not the person who came up with this idea. Another student who submitted the

Ridgway Register survey for article two gave me this topic. However, I do not know their name, but for the person who gave us this idea, I want to thank you.



First, have you ever had a time when someone asked you "How is your day?" Then you said it it was good or fine? Well, the next time someone asks you how your day was, use more exciting words! For example, say "My day is amazing!" or "My day is great!" Doing this puts you in a happier mood, making your day better than it was before! However, if you had a bad day don't do this! Instead, talk to a person that you trust! Don't hide your feelings from someone you trust. Talk it out.

Second, every time you look into your reflection, stand in front of it and say at least five compliments about yourself. How you look great, how you are a very nice person, how you have a lot of talent. I don't care if you see your reflection in a puddle on a rainy day, or on the black screen on

your computer that is turned off. Always give yourself five compliments. Don't say bad things because it will lower your confidence. Saying good things will make you realize how much of an amazing person you really are! And it may help you find a different side of you that you never knew was there! Never forget to say amazing things about yourself, even if you don't want to.

Third, whenever you are stressed out, close your eyes and take ten deep breaths. Trust me it works! If you are stressed out, your heart beats faster, your blood pressure will go up, your muscles tighten, and your breath quickens. Some people may cope with stress by throwing something across the room or hitting something on the table. Sure, breaking something could make you feel better, but in the long run, it just makes everything worse! Taking yoga classes, listening to calm music, or even something as little as taking deep breaths is a way to handle stress better! So when you are stressed out, just stop what you are doing, close your eyes and take ten deep breaths. Take even more breaths if you need to.

Fourth! Never say you can't! Saying you can't do something will stop you from realizing that you can. If you say

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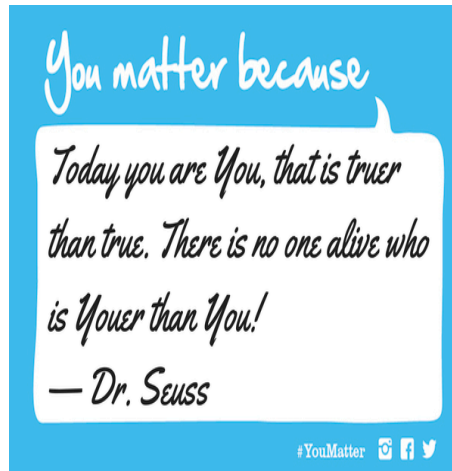
## Ways To Improve Your Mental Health

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you can, however, you could realize that you have a hidden talent! And never listen to someone who says “you can’t”! Who knows! Maybe that one “I can’t” could change your whole future! Never stop reaching for your dreams! And always remember to do your best and never give up!

Last, remember that you matter. Some of you reading this may be feeling depressed or may know someone who is. If so, please contact our guidance counselor. Please don’t be afraid to tell someone how you may feel inside. Hiding these feelings will only make you feel worse about yourself. I know some of you may feel like there is no one to talk to, but that’s not true! You don’t have to feel like you are going to hurt the other person who you want to talk to. There are people who *do* understand how you feel! You are a human being. You are special just like everyone else. This is also another reason why you should be nice to everyone! The person you are messing around with could be feeling depressed, and you being mean to them will only make things worse. Treat people how you would want to be treated! Because you would never know if they feel depressed.

If you are feeling depressed, please talk to someone who you trust. Look into a mirror and love what you see. You matter... don’t forget that.



**Need Help Now?  
Call 911**

or

**1-800-SUICIDE  
(1-800-784-2433)**

or

**1-800-273-TALK  
(1-800-273-8255)**

or

**Text Telephone:  
1-800-799-4TTY  
(1-800-799-4889)**

**Suicide Hotline  
in Spanish (Español):  
1-800-273-TALK  
(Press 2)**

**LGBT Youth  
Suicide Hotline:  
1-866-4-U-TREVOR**

## Why *Boy Meets World* Succeeded, While *Girl Meets World* Failed

By Nicholas R. Strimple

Imagine this: You’re ABC. It’s 1993. You’ve just created a brand new sitcom called *Boy Meets World* starring Ben Savage, Rider Strong, Danielle Fishel, and Will Friedle. The date is September 24th. The Pilot, titled “Pilot”, is being released. The show is released to immediate praise, and lasts another seven years, and seven seasons, dealing with real world issues, and being one of the most remembered and relatable shows in history. Done with that? Okay, now imagine you’re the Disney Channel. It’s 2014. You’ve just created a cash grab spinoff called *Girl Meets World* starring Rowan Blanchard, Sabrina Carpenter, Peyton Meyer, and Corey Fogelmanis. The date is June 27th. The Pilot, titled “Girl Meets World”, is being released. The show is released to mixed reviews, lasts a measly three years and three seasons, dealing with unrealistic issues, and being one of the most forgettable and unrelatable shows in history. One succeeded, while the other failed. Why? Here’s why. I’m Nick Strimple, and this is the success story of *Boy Meets World*.

To start off, let’s take a look at *Boy Meets World’s* (BMW’s) pilot and compare it to *Girl Meets World’s* (GMW’s) pilot. “Pilot” was released on September

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## **Why *Boy Meets World* Succeeded, While *Girl Meets World* Failed**

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24th, 1993, and centered around our main character, Corey Matthews, played by Ben Savage. In the episode, Corey's brother, Eric Matthews, played by Will Friedle, takes a date to a Philadelphia Phillies game, instead of Corey. Because of this, Corey moves into his tree house. Good plot, a little goofy, but realistic and relatable. Then there's "Girl Meets World", which was released on June 27th, 2014, and centered around our main character, Riley Matthews, played by Rowan Blanchard. In the episode, Riley's best friend, Maya Hart, played by Sabrina Carpenter, starts a rebellion against homework, which is supported by Riley, 'baffling' a returning Corey. One of these pilots is relatable, and realistic. The other is half-witted and unrealistic. Guess which one is which. Hopefully, you guessed that the realistic one was *BMW*. The story of a 6th-Grade Corey facing rejection by his teenage brother Will, who chooses girls over hanging out with him, is a realistic story, and does happen a lot. Now, how many times have you seen a group of adolescent 6th-Graders start a rebellion against not doing homework, which includes standing on the teacher's desk and throwing papers everywhere, and none face suspension, detention, or expulsion? I'm having trouble

imagining that. The pilot of a sitcom can make or break it's chances at success and decide what type of audience you'll be facing. With *BMW*, it was much more mature, so the people who should've been watching were watching. *GMW* was a kid's show, so barely anyone who should've been watching it actually watched it. Needless to say, the way I see it, "Pilot" was a clear success, while "Girl Meets World" failed at being taken seriously.

A show is only as powerful as it's characters, especially when it comes to a sitcom. *Boy Meets World* has one of the most memorable cast of characters in television history. Characters like Topanga, played by Danielle Fishel, and Feeny, played by William Daniels, are easily recognizable, almost household names. At the same time, characters like Shawn, played by Rider Strong, are perhaps some of the most relatable characters in history. Corey Matthews and his brother Eric Matthews are some of the best written characters ever. Even the cast of background characters like Stuart Minkus, played by Lee Norris, or Eli Williams, played by Alex Desert, are great additions to the cast. These characters (especially Shawn) worked so well because the show ran for 7 years, going from the 6th-Grade all the way to college, allowing them to be developed fully.

I can't stress how perfectly written Shawn Hunter is. Starting out as Corey's childhood best friend, he fleshes out into the "popular kid" in high school, until

both of his parents abandoned him during his early high school years. This makes him angrier in some situations, while still trying to remain the comedian of the show. He ends up being fostered by his teacher, Jonathan Turner, played by Anthony Tyler Quinn, and dealing with a lot of hard times in his early life. During the rockier parts of Corey and Topanga's relationship, he starts lashing out, because them being together was what he considered the only thing he could count on in life. When the college parts of the show begin, during season 6 and 7, Shawn has to deal with him realizing his mother isn't his biological parent, and the death of his father. He delves into substance abuse at one point, being somehow one of both the funniest and tragic characters in sitcom history, rivaled only by *The Fresh Prince Of Bel-Air's* Will Smith, played by Will Smith. Shawn is such a developed character that there's some things I can't mention because they were deemed too inappropriate for a middle school newspaper. To summarize, Rider Strong's performance as Shawn Hunter is one of the best in television history.



Was there a single character who could pull off a fraction of what Shawn did on *Girl*

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## **Why *Boy Meets World* Succeeded, While *Girl Meets World* Failed**

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*Meets World*? No, there was not. The show lacked the ability to develop its characters properly, focusing too much on *trying* to be edgy and relatable, while *BMW* was just naturally relatable. For example, Shawn became a dark and tragic character over the course of seven long years. One of *BMW*'s characters, Farkle Minkus (Son of Stuart Minkus), spends Season 1 as the annoying, overly excited kid, then in the span of just one episode, starts wearing all black and being an emo. Now, such a transition is possible, but not in the span of one single day. I mean, one day? That's just lazy writing. And why would one of the main characters be related to Stuart Minkus? Minkus was a controversial character in *BMW*, being introduced in Season 1 as the kid with a crush on Topanga, later evolving to him being a college professor at the college Topanga is attending, harassing her, leading to Corey pushing him through a glass door. Why would you want one of your main characters to be the son of the creepy side character? Why not the offspring of someone like Shawn, Jonathan Turner, or Eric Matthews?

And what really grinds my gears is what they do with Shawn. Since Riley was a carbon copy of Corey, her best friend Maya had to be a much worse written carbon

copy of Shawn. Because of this, at the end of the show, Shawn adopts Maya, and blah blah blah, emotions and all that. Unlike how Shawn was written, Maya seemed more like a sob story, not a real tragedy. Her life was less of a tragedy and more of a comedy. The relationship between Jonathan Turner and Shawn felt real, while the relationship between Shawn and Maya felt nothing like that. And that wasn't Rider Strong's fault. He's still a great actor, even to this day. The actor for Maya, Sabrina Carpenter, just had the acting capability of a worn-out leather shoe. And please, dear lord, don't get me started on that horrific Auggie character. To be clear, *BMW* had some of the best characters in history, while *GMW* had late 2010 Disney Channel actors. I still don't know why they even casted Sabrina Carpenter.

The ending is the last piece of the puzzle, the type of episode that can make or break a show. *Boy Meets World* was always able to do so much more with its episodes because the viewers grew up with the characters, unlike *Girl Meets World*, which was canceled because the target demographic was eight year olds. *GMW*'s ending saw our cast move up to High School, which was very anti-climatic, and proved that spinoffs, no matter what they were based off, weren't immune to poor ratings. *BMW*'s ending saw the three lifelong friends, Corey, Shawn, and Topanga, all moving to New York City with Eric Matthews. After watching these kids grow up through Middle

School, High School, and College, it was time to say goodbye. The gang all met up with Mr. Feeny in their old classroom, remembering the good old days. They all tell Mr. Feeny how much of an impact he had on their lives, before finally heading off to New York, leaving Feeny alone in the classroom. After teaching a generation of kids lifelong lessons, he delivers the last line of the show, ending an era. "I love you all. Class Dismissed." And thus, the story of *Boy Meets World* was over. Truly a classic.

To sum up everything I just said? Easy. *GMW* didn't care about its audience. It was a cash grab, trying to live up to its iconic predecessor. The writing made no sense, the cast had no connection, and the lessons? Pathetic. It's something the whole family should turn off and try to forget. *Boy Meets World* was the complete opposite. *BMW* wanted to give audiences a relatable cast, good episodes, and lessons they'd never forget. With the work of talented writers, cast members who had a real bond, and a channel that knew it had potential, it became unforgettable. People still tune in to reruns everyday, and it truly was a show that not just the whole family could love, but a show that the whole world could love and remember forever.

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## **Is Technology Making Us Rude?**

By Ryan Lawrence

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Do you ever get a feeling when you're trying to talk to your

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## Is Technology Making Us Rude?

By Ryan Lawrence

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best friend that he or she is ignoring you? Technology can be a useful tool, but some people think it's changing the way we behave, both online and in person. When we are focused on our devices, do we forget our manners?



**Yes!** Sometimes people post rude and hurtful comments about others and can lead to bullying. It can also lead to fewer consequences. People can also post photos of others without their permission and can even embarrass them. Technology can be good, but some people use it for bad things. It's our job to stop people from bullying others by not being rude online.

**No!** A person's personality has a lot to do with it. Cyberbullies are common. But people can secretly report bullies online so the bullies get in trouble without knowing who told on them. People can be mean but they can be nice too. Some video games even support players to help each other, so people learn to be kind. Plus, social media helps us remember important dates, such as birthdays. It also allows us to share skills with other

people. Additionally, technology helps us socialize. We can talk to each other without traveling long distances. Some people believe technology is pulling us apart when actually it pulls us together.

The ideas above are just two opinions. There are many more that could be discussed. In the meantime, what do you think? Do you think technology is making us rude or is it beneficial? Perhaps you can assess yourself and your use of technology to determine if you need to make any positive changes.

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## Top Five Things to Do on Summer Break

By Kiersty Williams and Hailey Mckeage

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Hey, I know it's sad to say, but school is almost ending. Don't be a couch potato that turns into a mushy baked potato while on summer break. We all know that summer break is not just about playing Fortnite on your phone, or any other device. So, we decided to list some top things to do on summer break so you don't turn into a mushy baked potato. So stay in your seat and keep reading because we are jumping into this like a frog in three... two... one!

The first thing you can do is chill in a nice, cold pool if you can swim. With this idea, you can cool off, hang with friends, have a nice tan, etc. If you don't have a pool, go to the beach to have a similar experience. A benefit is that you can build a sandcastle!



Second, you can book a vacation. I would recommend a place where you would feel relaxed or a place where there are no distractions. Maybe even a place where you could get your hands on some adventure! And, of course, you would have to persuade your parents first!

Third, the most classic, go outside and hang with a neighbor or sibling. Some examples may include tennis, frisbee, badminton, pool (the game) on a pool table, ping pong, go to a carnival, take a walk, DO NOT play on a device, take a break from Fortnite and social media, read a book, take a dog for a walk or go to the dog park, play board games, or go to a local park. There are many more ideas, but this is plenty for now since you need to continue on. Fourth, you can go to summer camp. Sixth graders and up, do you remember Camp Ockanickon? They have summer camp, which is the best thing to do if you want to make new friends and take a break from the stress that may be in your life. In summer camp, you could go swimming, fishing, canoeing, make fires and roast marshmallows, and many other fun camping activities.

Fifth, practice school work. Buy a school book that you can practice over the summer if you

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## Top Five Things to Do on Summer Break

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have any free time. Buying this type of book could teach you things that you are going to learn the next year. But some kids may not like to think about school while on summer break. You can always buy a different book, like a coloring book. Not necessarily the baby-ish kind, but the adult coloring books that have been trending for a few years now. It takes away all of the stress you may have. It is also a great time breaker, like if you're on a car trip or anything like that.



It is always good to try something new when you're on summer break. Start planning now because, within a blink of an eye, we are outta here! Have an awesome summer break! We hope to see you next year!

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## Cold Spring Treats/Drinks

By Beyza Özdemir

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Have you ever wanted to make a treat for yourself this spring? Well, I have some treats that could start you off. I'm am going to teach you how to make them and what you need. The treats and drink I'm going to share with you are Chocolate-Covered Strawberry Popsicles, Chocolate Bananas, and for the drink-- a Strawberry Colada.

**Chocolate Strawberry Pops:** You will need 2 cups of strawberries hulled (no green leaves) and sliced, a  $\frac{1}{3}$  cup of sugar, 2 teaspoons of vanilla extract, and 1 cup of vanilla yogurt. First, you add the berries to a bowl and then add in the sugar and vanilla. Let it sit out for 15 to 20 minutes so they get all juicy and sweet. Add to a blender or food processor, along with the yogurt, and puree until smooth. Divide the mixture into 6 popsicles molds. Freeze until firm, about 4 hours. Check every hour to see if frozen. This dessert takes 4 hours and 35 minutes to make including freezing time. You are active for 15 minutes not including freezing time to check. After the pops are fully frozen, you can enjoy the Chocolate Strawberry Pops. On to the next treat.

**Chocolate Bananas:** You will need 2 bananas,  $\frac{1}{4}$  cups of chocolate chips, and popsicles sticks (or anything that could hold the bananas on a stick). First, cut the Bananas into  $\frac{3}{4}$  inch rounds.

Next, put them on a parchment-lined baking sheet. After that push the popsicle stick on the  $\frac{3}{4}$  inch bananas. Dip the bananas in melted chocolate. Put the Chocolate Bananas Pop on the lined parchment baking sheet. Now put that in the freezer and wait for at least 10 to 20 minutes. If they're still warm, put them back in the freezer until frozen. After that, ENJOY! On to the final treat which is a drink.

**Strawberry Delight:** To make a Strawberry Delight you need 8 ounces of strawberries (hulled), 1 ripe banana (peeled and frozen), 1  $\frac{1}{2}$  cup frozen pineapple, 1 (5.3 oz) container of coconut greek yogurt, 1  $\frac{1}{4}$  - 1  $\frac{1}{2}$  cup of unsweetened coconut milk (the kind found in a dairy aisle). Once you gather your items, you need to pulse the strawberries in a food processor until well pureed. Next, in a blender add the banana, pineapple, coconut greek yogurt and an additional 1  $\frac{1}{4}$  cup coconut milk (as needed). After it's well blended, spoon the mixture into glasses filling them about  $\frac{1}{3}$  full. Then add a spoonful or two of the strawberry mixture. Swirl lightly with a butter knife then repeat twice more. Serve immediately. Alternatively, all ingredients can be blended together in a blender versus processing the strawberries separately. Light canned coconut milk can also be a substitute, just blend 1:1 with water. Finally, pour the Strawberry Delight into a cup and enjoy!

Did these excite you for springtime? Well, it did for me! These treats are so good you should try making them for your

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Continued...

## Cold Spring

### Treats/Drinks

By Beyza Özdemir

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family. Be careful and safe while working with the blender and tools. Hope you enjoy these treats if you decide to make them.

Website resources:

[Chocolate Strawberry Pop](#)

[Chocolate Bananas](#)

[Strawberry Delight](#)

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## Movies You Should Watch

By Esther Lopez

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The first movie that will be coming out is Dora and the Lost City of Gold. I know you think you are too mature to watch this, but this is the high school, Dora. Plus, if you remember learning about the Inca Civilization in your Social Studies class, you can continue learning about it because the Lost City of Gold refers to the mystery of a lost Inca civilization, which Dora and her parents try to solve. The movie comes out on August 2, 2019. This sounds weird, but it's worth watching especially if you watched the show when you were little. [Click here](#) to watch the trailer if you think you might be interested.



The newest movie of Dumbo came out March 29, 2019. It is different than the original in many ways because there are new characters involved in a new problem and solution. This movie is amazing. It is about baby Dumbo and two kids, Milly and Joe, who teach Dumbo to fly. This man wants to keep Dumbo for money. To know the rest watch the movie. In the meantime, [click here](#) to see the trailer.

The first Lego Movie came out on February 7, 2014. This year The Lego Movie 2: The Second Part came out on February 8, 2019. It's all about Emmet's incredible journey to outer space to help get his friends back and avoid an invasion from the LEGO DUPLO invaders from outer space. Here is the trailer on the official webpage if you're interested. [Click Here](#).

The Angry Birds Movie 2 is coming out this summer on August 16, 2019. The pigs suggest that they and the angry birds become one team because a bigger team is stronger. The pigs' suggestion does have a reason; the new discovery that more birds exist beyond the sea. Will the other birds attack, will the pigs and angry birds become a team, or will the angry birds say no to the offer? [Click here](#) for the Angry Bird 2 trailer from the official webpage (hint: there are online games too!)

These are the movies that you should watch now or soon depending on the release date. You shouldn't be disappointed.

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## Six Shows You Watched When You Were Younger

By Darren M. Scott

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There were many shows you watched on TV when you were little. Here are some of the most iconic:

### The Backyardigans

This cartoon was about five friends: Uniqua, Tasha, Pablo, Tyrone, and Austin imagining different places in their backyards



### Dora the Explorer

This is probably the most familiar show on the list. Dora the Explorer was about a young girl named Dora solving puzzles and going on adventures with Boots. The episodes also taught the viewers Spanish (Español) along the way.



### Yo Gabba Gabba!

This show is about five friendly monsters: Muno, Brobee, Foofa, Toodee, and Plex singing and going on different adventures together.

Jam, Ladder Ball, and Jump Rope)

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## Six Shows You Watched When You Were Younger

By Darren M. Scott

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### Sesame Street

I don't think I even need to explain this one, but I will. Sesame Street is about puppets learning many things such as how to behave, numbers, letters, colors, sharing, and growing up.



### Blue's Clues

This show is one of my favorites on the list. Blue's Clues was about a dog named Blue who looks for three clues to solve a mystery.



### Arthur

The last show on the list is a show called Arthur. This show is about Arthur and his friends dealing with problems and telling the viewer right from wrong.



These shows were the best! Some of them are still airing new episodes, including Sesame Street and Arthur. All of the other shows have ended.

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### Hawk Fest

By Marlon DeSouza

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Listen up, everyone! Hawk Fest will be here on June 11th. Here's a friendly reminder to not get on the restriction list before the Hawkfest. For those who are new to the school or are in 5th grade, the Hawk Fest is a day when students who aren't on restriction get to pick from a handful of activities and spend half of the day to do such activities. The 7th and 8th are scheduled during the morning and the 5th and 6th grades are in the afternoon. The events at Hawk Fest will be:

1. Basketball
2. Soccer
3. Kickball
4. Hawkball
5. Gaga
6. Lawn Games (Connect 4, Corn Hole, Lawn Checkers, Jenga, Can

7. Chalk Wall
8. Just Dance
9. VolleyBall
10. Home Run Derby

Make sure to sign up for one event as your starting location during your lunchtime. I'm not sure when this will happen though, so be on the lookout. Remember, you don't have to stay at that location the whole time. Oh and don't forget to bring in money for your Kona Ice ticket! The dunk tank might be back too. You'll just have to wait and see.

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## Red Dead Redemption 2 Review

By Jordan Fitzgerald and  
Nick Strimple

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I don't know if you kids have been told, but there's been something that has happened to the world, and it's a gift of the gods! Red Dead Redemption 2 has come to us, and it is the greatest video game of all time. RDR2 has a 5 out of 5 on Common Sense Media, a 10 out of 10 on IGN, and an impressive 97% from Metacritic, which officially puts it on the Metacritic list of the greatest video games of all time. So without further ado, to the review.

In the game, you get to play as Arthur Morgan and friends, but little did you know, the game is a prequel, and it's not bad like the Star Wars prequels. Arthur is a member of the legendary gang from the original game, the Van Der Linde gang, led by the cocky,



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## Red Dead Redemption 2 Review

By Jordan Fitzgerald and  
Nick Strimple

yet sophisticated Dutch Van Der Linde. The game features the protagonist from the original game, John Marston, who becomes the second playable character later in the game. The game takes place at the end of the age of outlaws in 1899 during the classic Wild West. The plot mainly revolves around Dutch trying to lead the gang to "one big score" (he means a robbery) that will allow the cowboys and cowgirls to retire and live their lives wealthy and peacefully. Of course, every time they try to pull it off, all sorts of wacky shenanigans commence! And, sometimes, this can cause one of the gang members to cease to exist. This is the story of RDR2, so remember to use the stones to destroy the stones.

### National Junior Honor Society News

Interested to join next year?

Please see  
Ms. Reilly  
for details.



### Student Council News

Student Council Elections  
for 2019-2020 will be on  
**June 10th** and **June 11th**  
with an extended homeroom.



### PBSIS News

Hawkball  
June 5th

Hawk Fest  
June 11th  
June 12th (rain date)



### Career Day

Have you thought about your future? Many adults, parents, and professionals will be here to share what they do and what career options you have.

Career Day will be held on  
**Friday, June 7th!**



### Principal's Newsletter

Please read Mr. Trampe's  
latest Newsletter!

[Click Here](#)

# MIDDLE SCHOOL NEWS

when the teacher thinks you're during the ixls  
but you are really reading

the script of the 2013 Ryan Reynolds and Nicolas Cage DreamWorks movie The Croods



**GRUG MOMENT**

Created by Nicholas Strimple using the Logopit Plus App

### What is the Ridgway Register?

Ridgway Register is the school newspaper of Ridgway Middle School. The purpose of Ridgway Register is to provide an informational and interesting newspaper for the students and staff. All students are invited to participate in this after school club. If you love news, sports, fashion, trends, etc. and you love to write, then the the Ridgway Register is for you! Please contact Mrs. Ramm, the club advisor, located in room 103 if you have any questions. We meet every Tuesday after school!

