

Staff Profile: Leo

By Margaret

There are so many new staff that we know nothing about. Have you ever wondered who they are, where they're from, or why they wanted to work here? Well, Leo was glad to provide answers about himself for our first staff profile of the year.

Leo was born in Santa Fe, New Mexico, and then he moved to Albuquerque to attend the University of New Mexico. Even though his dad owned a catering company when he was a kid, Leo did not enjoy cooking at first! This is because when he was young, he burned his hand on his grandma's stove and had a fear of heat as a result. It wasn't until college that he started cooking.

You might be surprised to hear that



*Leo and His Staff
Photo By YDC Staff*

this is the only place that Leo works right now. He had worked in similar companies to the O'School prior to moving to Chicago, but not in the same position. Leo was actually along the lines of the residential staff here. "I loved my job there, and I was eager to come back to a similar, but so much better, location," says Leo, "New Mexico is a great place to visit...but Chicago wins

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So Much Winter...

By Rose

Burr! It's all about the "W" word in Chicago... Yes, you guessed it; winter. What better place to enjoy winter than in our lovely city of Chicago. Around this time of the year, our city is known for its cold weather, but why not bear it with some wonderful winter activities? There are plenty of options available between Chicago's winter events and the O'School's winter events.

The Christkindl Market is brought to our city and it brings a nice breath of culture. The Market has bases in Germanic culture. According to its website, it is the largest open air Christmas event in Chicago. This event in Chicago was inspired by the Christkindl Market in Nuremberg, Germany

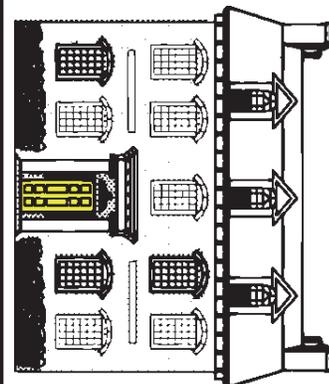


*Buckingham Fountain
Photo by YDC Staff*

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**Volume 10
Issue 1
JANUARY 23, 2015**

Year 11
door chronicles
The student newspaper of the
Sonia Shankman Orthogenic School



Staff Profile: Leo

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for being the greatest place I've ever lived," says Leo.

Since his dad owned a catering company, Leo grew up helping his dad with events so he always had a passion for good quality food. He has either worked in education or food service nearly his entire life.

Leo is also great at making birthday meals special. Even though birthday meals are fun and taste really good, the actual meal isn't Leo's favorite part. "I don't often get to meet with the students one on one, so sitting down to discuss birthday meals definitely became one of my favorite parts of my job."

Leo works with students in other ways as well due to the Student Work Program here at the Orthogenic School. "Leo is very humorous! He cracks jokes but maintains great work ethic. He thinks everything through carefully and is a great co-worker," says Sarah. "It's a re-

ally good time working with Leo," says Tiffany. She feels that Leo cares about who he works with and is also really down to Earth. "He also makes sure that every dietary need of people (students and staff) is met, which shows he cares a lot," says Stephen, "there actually isn't any hard part working with Leo!"

Along with all of this, Leo was also glad to share that he has "a multitude of useless talents. [he] can solve a Rubik's Cube in under 90 seconds, [he] can catch coins off [his] elbow, [he] can clap really fast, and [he] make[s] an excellent Wookiee call!"

Leo is a super cool and interesting person who has a passion for good quality food. There's so much to discover about the people that work here. Take a step forward, introduce yourself, ask questions, tell stories, share smiles. Who knows what you'll find!

So Much Winter...

Continued from Front Page

in 1545, the Market's website says. There are German shops, food and entertainment that will make this event worth your time. If you are looking to experience some new culture, this is the event for you.

We all know of the breathtaking wonder that is Navy Pier. While we enjoy it so thoroughly in summer, it also hosts the annual wonderful Winter Wonderfest. During the winter, Chicago residents and visitors get to experience the thrills of this season's event. There are more than enough events for the whole family to enjoy. There are plenty of fun rides, photo ops, and activities; such as ice skating, mini golf and crafts.

Even our school enjoys some holiday spirit. The O'School throws an annual holiday party and a talent show, before the students get to enjoy winter vacation. The holiday party encompasses our holiday dinner and talent show.

In the talent show, students get to show off their outstanding skills, staff usually make a video that is more than enough to throw students into fits of laughter for weeks, and, of course, Santa himself comes and visits with wonderful books for everyone. After the talent show, the O'School hosts a beautiful holiday dinner. There are twelve tables set up and a group of students is assigned to each table. Each year, the tables are to come up with a 12 days of Christmas phrase for themselves and pose. This exercise shows the creativity and imagination of our students. Every year, this presentation proves to be very interesting and entertaining

for everyone involved.

The holiday party is always a lot to look forward to for us O'School students. Residential students can also look forward to enjoying what our city has to offer. Dorms often explore winter events Chicago graces us with. Dorms also get to enjoy playing in the snow in our side yard. For O'School students, winter has a lot to offer us.

A free winter event we can all also look forward to is ZooLights at the Lincoln Park Zoo. This event goes from December fifth to January fourth. There are many holiday lights strung around the trees and a great many activities to enjoy in celebration of the holidays, Lincoln Park Zoo's website says that they offer holiday crafts, light shows, live ice carving and many more holiday events.

The infamous Joffrey Ballet will do its annual Nutcracker and Swan Lake ballet performances. Professional ballerinas dance the Nutcracker and Swan Lake plays. This pretty much goes through December 28th. It is at the Joffrey Ballet in downtown Chicago.

We all may have heard of Chicago's infamous Snowpocalypse; the intense snow our city faced four years ago. Since then, we have not seen a winter quite like it, but we have seen plenty of snow, wind and bone-chilling cold temperatures. Chicago sure lives up to its name of the Windy City during this season. Chicago-dwellers however, have to be sure to bundle up before trying to take on the winter weather.

yellow Chicago

When Birds Hit the Window

By: Sebastian

“Smack!” A bird just flew into your window! What should you do one might ask? Call Chicago Bird Collision Monitors. CBCM will take the bird to their facility to help it return to the sky. The O’School has some hazards to cause birds to fly into the windows. The O’School has a lot of big windows. Birds don’t have very good vision. When a bird is flying, they are not capable of seeing the window. Two birds have crashed into the O’School’s window which Emily and Hague have taken care of. There are ways to help birds not crash into windows at home and at the O’School.

According to Emily, the trip that she and Sarah Sinsheimer went on after rescuing a bird was very simple. Emily called a CBCM staff and she was told to bring the bird to her house. On the way to the lady’s house, Emily said that she and Sarah felt fluttering in the box that the bird was in. Emily communicated that she was excited and hopeful for the bird. When she arrived at the lady’s house Emily called the lady who came down and greeted them nicely and took the bird to her apartment. The lady told Emily that it is a good sign that the bird was moving in the box and the bird should be just fine.

Chicago Bird Collision Monitors is a nonprofit organization that helps sick and injured birds recover and return to the wild. CBCM is located at the Chicago Audubon Society 5801-C N. Pulaski Rd. Chicago, IL 60646-6057. If you find an injured bird, the CBCM website advises that you should call CBCM to schedule a pick up, put the bird into a box or paper bag with a paper towel in it and tape the box shut.

Helping the birds stop flying into the windows is nearly impossible, but we can do our best to help them see and realize that it is a window they are about to hit says CBCM website. They also tell us that we can help the birds by turning off lights or at least dimming them. A CBCM website writer says that doing this prohibits the birds from seeing through the windows clearly, leading

them to believe there is nothing there, and they will steer clear. Some more helpful hints that the CBCM website provides for preventing the birds crashing into the windows include placing bird stickers, cutouts, and screens on windows to give the birds a depth perception and helps them see that there is a window in front of them.

Each year in New York City 90,000 birds die



*Bird Cutouts on Art Room Door
Photo by YDC Staff*

from crashing into windows and skyscrapers says KinjaLifeHacker.com. KinjaLifeHacker.com includes more techniques to help birds not see through the window which include tape strips, soaping a window, window gel, blinds, window film, awnings, flowers, and

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When Birds Hit the Window

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mesh window screens.

When a bird crashes into a window it is not inevitable that the bird will die says CBCM. Their website tells us that often what happens is the bird gets stunned and appears dead but they are not. What CBCM says they do is bring the bird to their facility, examine it to make sure there are no major injuries or damage to the bird, and put the bird into a holding room to reunite the bird with other birds and observe

its behavior to make sure it is acting normal until it is ready to be released. The amount of time in the holding room varies for each bird but it is often a matter of hours to a couple of days.

Haugue and Emily say that the O'School has taken steps to help the birds not fly into the windows. We have colored and taped bird cutouts on some of the windows which CBCM recommended on their website.

David Bowie Comes to Chicago

By: Amit

On September 23rd, 2014, the much anticipated exhibition entitled "David Bowie Is" made its debut at Chicago's own Museum of Contemporary Art (MCA). Organised by the Victoria and Albert Museum (V&A) in London, England, "David Bowie Is" is the first public exhibition of David Bowie memorabilia, a vast majority of which was taken from a magical, mystical land known as the David Bowie Archive.

Put simply, the David Bowie Archive is David Bowie's personal archival collection of mementos from his career as a musician and performer; a career that spans these last fifty years. According to the MCA website, among the 400-plus wonders to be viewed there are

"handwritten lyrics, original costumes, photography, set designs, album artwork, and rare performance material from the past five decades".

You may ask yourself: What exactly is David Bowie?

Good one. One finds it difficult to explain David Bowie in words; the best way would be through the media of sound and vision, as cura-

tors Victoria Broackes and Geoffrey Marsh of the V&A must have realized. However, despite the odds, one is compelled to try.

David Bowie is a British pop legend; that is the simplest version of the truth. It is also possible to say that he is a rock musician, or that he's an artist, or a performer, or an actor, or an outer space enthusiast. Going by the fullest version of the truth, David Bowie is all of these and more. He is a pioneer in

the areas of art and music, infusing the world with a scintillating dose of sound and vision laced with themes of sexual exploration and social commentary.

David Bowie's official website (davidbowie.com) has a lot to tell about his life and career. He was born January 8th, 1947 in Brixton, and was named David Robert Jones. When he was thirteen, he got into the jazz of London's West End, and decided he wanted to learn the saxophone.

This marked his eventual spiral into the realm of musicianship, from which he is sure never to return.

One thing David Bowie is known for is his cha-

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David Bowie Exhibit at MCA
Photo by YDC Staff

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Chicago
MCA

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National/ World

Scientists Unearth Massive New Titanosaur

By Amit

From Tyrannosaurus Rex to Argentinosaurus, there have been many dinosaurs that were at different times thought to be the “largest dinosaur.” The newest record-breaker, named Dreadnaughtus Schrani, was found in southern Patagonia by a team of paleontologists headed by Dr. Kenneth Lacovara of Drexel University.

The name “Dreadnoughtus” is derived from the Old English word “dread-nought”, meaning “fearing nothing”. Dr. Lacovara thought it probable that full-grown, healthy members of Dreadnoughtus schrani would not have been a likely target for predators because the dinosaur was just that massive-- hence, it would have nothing to fear. “Dreadnoughtus” was also a conscious nod to the battleships prevalent during the early 20th century, as was outlined in the report co-authored by Dr. Lacovara and the seventeen other members of the excavation team in the journal Nature.

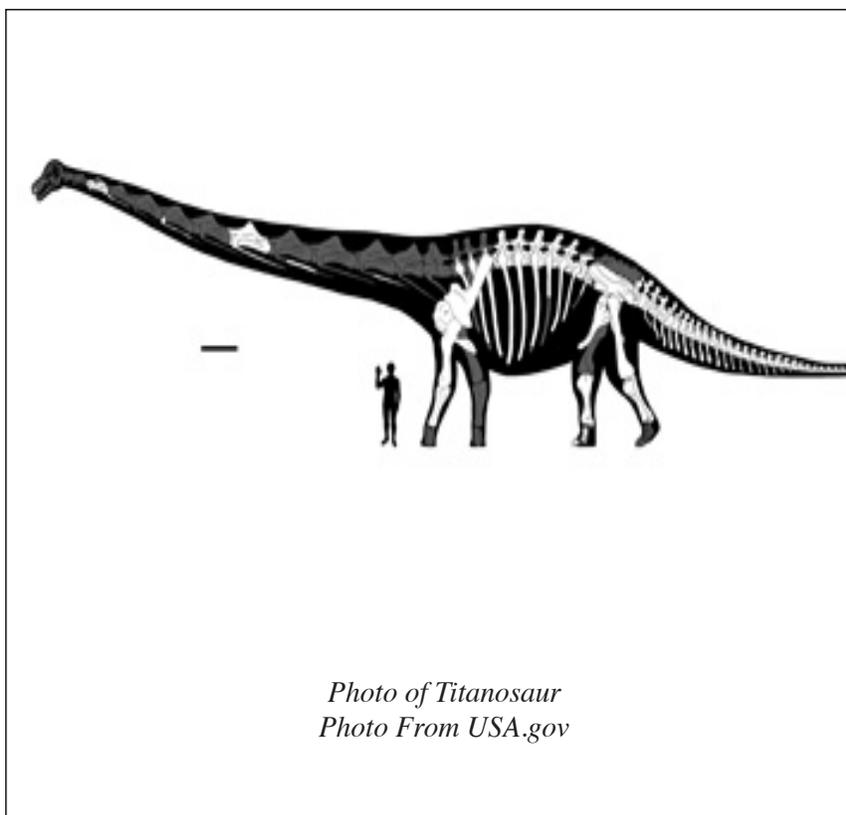
Dreadnoughtus Schrani is a member of the suborder Sauropoda. The word “sauropoda” combines

the Greek word “sauros,” meaning lizard, with the New Latin suffix “poda,” which means “foot,” according to the Merriam Webster Dictionary. Often simply called “Sauropods,” these dinosaurs were around mainly during the Cretaceous era, according to the Encyclopedia Britannica.

Defining characteristics of Sauropods are listed within the Merriam Webster Concise Encyclopedia as being a small, light-boned head, elongated neck and whiplike tail, and quadrupedal ambulation (walking on four legs).

Different members of the suborder Sauropoda include Brachiosaurus (thunder lizard) and Apatosaurus (deceptive lizard). Dreadnoughtus Schrani is also a member of a more specific type of Sauropod called the Titanosaurian Sau-

ropod, according to the aforementioned report by Dr. Lacovara.



*Photo of Titanosaur
Photo From USA.gov*

Ebola Breaks Out of Africa

By Rose

A lot of attention has been attracted to Ebola over the past few months. Red flags related to this disease started popping up in March of this year, according to BBC.

At first, the disease was only seen in West Africa. However, as the disease has spread, according to the New York Times, there have been six cases of Ebola in the US, three cases in Spain, two in Germany, a case in France, a case in England, and a case in Norway. Out of all fourteen patients with Ebola outside of Africa, three have died, six have recovered and five are undergoing treatment.

Ebola is classified as a hemorrhagic fever. According to the Mayo Clinic, some signs of hemorrhagic fever include fever, fatigue, dizziness, aches, and general weakness. These signs are not strictly specific to hemorrhagic fever, they can be related to less deadly diseases. These fevers can cause severe damage to your brain, eyes, heart, kidneys, liver, spleen, and lungs.

Recently, the United States has seen its first cases of this deadly virus, mostly among public health workers such as nurses, who come into contact with an Ebola patient. The new cases in the US are more

than enough to alarm us and make us question if our hospitals and medical centers are suitably prepared for the potential spread of Ebola. BBC suggests that this outbreak of Ebola is the most dangerous outbreak of the disease as of now.

According to the World Health Organization (WHO), Ebola is fatal. The death rate strikingly stands at 50% to 90%, BBC says that the fatality of current strand of Ebola stands at 70%. The patients are known to die from extreme blood loss.

The 2014 Ebola outbreak has been mostly based in Africa. The WHO first made note of

the disease on March 23 of this year in Guinea. Since the start of the disease, it spread throughout Africa, and aid workers have returned to their home countries unknowingly carrying the disease.

According to the Centers for Disease Control (CDC), Ebola is spread through contact with bodily fluids, needles, and infected animals. Even postmortem, Ebola can be spread, which is why the corpses of patients with Ebola must be handled with the utmost caution to prevent the spread of the disease to people who work with them.

The CDC states that there is currently no vaccine or medicine that is FDA approved to treat or prevent Ebola. Due to the lack of available approved treatment, medical professionals have to treat the symptoms as they come, as there is no option to treat the virus as a whole. The World Health Organization says that there are two potential vaccine candidates to be approved.

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National/World



*Don't Die.
Photo by YDC staff*

David Bowie Comes to Chicago

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meleon-like quality, and the impeccable instinct that tells him when to drop an act before it sours. For example, in the early seventies, after recording *The Rise and Fall of Ziggy Stardust and The Spiders from Mars* and *Hunky Dory* in rapid succession, Bowie actually personified the character he called Ziggy Stardust. Ziggy was androgynous and otherworldly, and his pants were very tight. That accompanied by colorful Japanese costumes and, as davidbowie.com/bio so aptly puts it, the “snarling guitars courtesy of Mick Ronson, and a bold, daring approach to performance”, entranced audiences and “propelled [them] into a rock-n-roll fervor”.

But it didn't last, nor should it have, in the apparent opinion of davidbowie.com. Bowie seemed to sense a change in the wind. On June 3rd, 1973, during a show, he declared, “Of all the shows on the tour, this one will stay with us the longest because not only is this the last show of the tour, but it is the last show we will ever do.” This shocked nobody more than his band mates, who were apparently none the wiser.

David Bowie's career was anything but normal and th exhibition at the MCA stayed true to this side of the artist.

Samsung Galaxy Vs. iPhone 6, It's On!

By Dean

Is the iPhone 6 better than the Samsung Galaxy S5? Which will succeed? All your questions will be answered in this article.

The iPhone 6 recently came out on 9/19/14, along with the Samsung Galaxy S5 4/11/14. These are two state of the art smartphone devices built for everyone from the everyday user to the multitasking businessman. Now it is the time to go to cellular warfare and put tech spec against tech spec and see who emerges victorious in the coliseum of miniature handheld computers. While the first iPhone 6 may have dropped the ball (yes I went there) its time to see who shines when they are compared next to each other.

Here are some of the new features of the new phones: the apple iPhone 6's design choice speaks to fans of thin phones and fits nicely in the hand the price for the 16GB is \$199 the 64GB cashes in at \$299 the 128GB is \$399 (on a plan) without a plan prices go pretty high from 16GB being \$649, 64GB being \$749 and for 128GB coming out at a flabbergasting \$849. The Samsung Galaxy S5 is available for \$199 (with a two year contract), off contract it's \$650. But enough with the prices, lets' get down to business.

The iPhone 6's ios 8.1 is smooth and includes lots of new features one of them being apple pay a way to instantly pay a cashier anywhere with a finger scan method. Also the screen size is 4.7 inches.

The Samsung Galaxy S5 has some interesting features

too.

Most people at the O'School said they would prefer the Samsung Galaxy S5. The main reason for this is that the price it's much cheaper than the iPhone 6 and it comes with all its meticulous features.



*iPhone and Samsung Galaxy
Photo by YDC Staff*

yellow O'School

Perks Of Learning A Different Language

By Margaret

Learning a foreign language takes time, effort, and commitment in order to be fluent. So why even do it? Dana, from the Xenophiles says, "It's a different way of thinking. Learning another language requires different skills than math and science do." It is also great because it helps you communicate with others. As Geoff from the Rhetoricians puts it, "Your relationship will change with someone for the better if you can speak with them in their native language. It also allows you to go deeper into a culture." Onlinecollege.org has fifty reasons on their web site, one of them being that you'll get paid more than people who only know one language. Their reason behind that is once you have the skill you can ask for a higher salary and your boss will likely give it to you.

All people asked recommend learning another language. "Not only is it cool to speak a foreign language, it makes you smarter too! Many studies have shown that learning another language simulates the brain and can increase intelligence," said Alyssa from the Xenophiles. "Plus it opens up a world of opportunities and looks great on a resume. Employers love hiring people who speak more than one language." The Modern Language Association has a brochure with the title *Knowing Another Language Brings Opportunities* that agrees entirely. In fact this brochure says "Studying another language can improve your skills and grades in math and English and can improve your entrance exam scores--SATs, ACTs, GREs, MCATs, and LACTs."

Dana says that their are two types of basics in

a language, one being communication and the other being grammar. "Speaking without worrying about making grammatical mistakes." Says Geoff. Both approaches are definitely important when learning the basics of a language.

While Sandra and Alyssa say there are no tricks to learning a new language, Geoff and Dana say differently. "Speaking like a toddler helps. So does correcting yourself, reading and listening to the news," states Geoff. "Repetition! And not getting caught up in word for word translations," Dana answers.

Unlike Alyssa and Sandra, from the Xenophiles, Dana and Geoff didn't have a passion for language until later in life. "It was a requirement of high school at first, but I also wanted to travel the world and study. I didn't enjoy it until I was twenty! I could get A's on quizzes and tests, but I didn't know what I had written down!" Confesses Dana. Geoff needed it for college, wanted to move to France, and later to help people in Africa.

Alyssa commented that the best part of learning another language "Is the sense of accomplishment you feel. It's not an easy task to learn a language as a teenager [or] adult. But when you have a conversation with someone who doesn't speak English,

all the hard work pays off," Geoff shares that the best part is "Being able to experience a new country while speaking the language, plus living and eating in France."

When speaking with teachers about the hardest part of learning another language many agreed that memorization is the hardest part. Geoff disagreed and said "Verbs--especially in Spanish."



Xenophiles Classroom Door
Photo by YDC Staff

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Perks Of Learning A Different Language

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Sandra and Geoff agree about what the most common mistake made when learning a foreign language are. Sandra explained “People focus too much on their pronunciation or feel embarrassed because they are afraid of how they might sound, so they don’t practice the language at all.”

Dana and Alyssa agree that the most common mistakes when reading and writing in a foreign language are when learning idiomatic phrases. “For English speakers learning the basics of the French language, the hardest part tends to be conjugating verbs and remembering to use masculine/feminine forms of nouns and adjectives,” says Alyssa.

In spite of all the classes, quizzes, tests, and practicing, do they regret learning another language? “Never!” Answered Alyssa. “No, never! It’s probably one of the best skills I have!” Says Sandra. “No, only good things have come from it,” states Geoff. “I regret not trying harder to learn a foreign language in high school,” confesses Dana.

Consensus: knowing another language is an amazing skill that helps you in the long run, so you should take advantage of the time and foreign language classes that are provided here at our school because it makes you smarter, it looks good on a resume, and its super cool too!

New art room buzzes with attention

By Arianna

Walking into the art room is like walking into a universe where anything is possible. Your senses are washed over with excitement. A slight paint smell in the air lingers under your nose. Some groovy music drifts into your ears.

This amazing room didn’t just appear on it’s own; there was a lot of hard work that went into it.

When it came to designing the new room Emily and Hague had a lot of input. There were also other important people involved. Diana, for instance, started getting plans ready in 2011. Of course a great amount of work came from the architects.

Before the construction could even begin, the architects were brought through the art room in the old building.

Hague explained to them what the current curriculum was at the time and how they taught the material. This was done to ensure that all the needs were met, so the things that were a struggle at our old space would be no more.

At our old address the room was stuffy and there was no natural light whatsoever. Our new address we now have eccentric windows ,which let in quite a bit of natural light.

There wasn’t much organization before, now modern shelves and storage spaces keep things in check.

Infectious tees has now been improved by all of the new perks.

Everyone is very pleased and amazed with the new room we have. Both teachers say ““The functionality of the architecture has been great and now were trying to figure out how we are adapting to that functionally and how we are going to create our own functionally within that context”

In the end, the architects did a wonderful job of taking all the success we had in the old building and then putting it into our room and making it function make better for us. Now that less time is being spent on fixing things or anything of the sort, Emily and Hague can now focus on preparing lessons, ideas, and concepts to work on.

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New Art Room
Photo By YDC Staff

Ebola Breaks Out of Africa

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Signs and symptoms of Ebola are hard to initially diagnose, as many of the signs are not specific to Ebola, claims the CDC. The diagnosis is often confirmed through blood tests, a few days into the disease, and sometimes even postmortem.

Some ways to avoid getting Ebola are to be extra hygienic (washing hands, avoiding contact with blood or other fluids), avoid being in close proximity with someone who might or does have Ebola, and avoid animals that have a history of carrying the disease.

The US is currently taking action to control the spread of the disease. President Obama has named an Ebola Czar, Ron Klain, a long-time presidential advisor who seems to have been brought in to manage the political backlash due to his lack of medical background. The CDC has repeatedly stated that the medical infrastructure of the United States will prevent a widespread outbreak.

Therapy Dogs Bring Smiles To The O'School

By Arianna

On Thursday October 16, the Lutheran Church Charities comfort dogs spent an afternoon in the Orthogenic School side yard. The handlers came in leash in hand, ready to keep us, along with their dogs, company. The dogs that came are therapy dogs.

According to the American Kennel Club, a therapy dog is a dog trained to provide affection and comfort to people in need. When it comes to the history of therapy used with dogs, it is quite unclear of the starting date. Using animals to bring good vibes to people has been done for the past century. It wasn't until 1982 when Tender Loving Zoo was created, that therapy dogs took a huge leap.

According to lutheranchurchcharities.org, the LCC K-9 Comfort Dog Ministry is a ministry built on the idea that these dogs could bring comfort to anyone in need. This includes weather disasters, emergency situations, and well, just anyone that needs a little help. These dogs are special because they can go anywhere a human can go. The LCC K-9 Comfort Dog Ministry became official after the NIU shootings on February 14, 2008.

The person in charge of this event was Diana. She had always wanted a therapy dog here at the O' School. Her reasoning for having these balls of fluff

come in was because there had been so much anxiety and change from moving buildings. "We really need/needed comfort, and that's exactly what these dogs are trained for."

It took a bit for things to actually get started, however, because even though our name was on the list, every time there was a situation where the dogs and trainers were needed without notice, that of course came first. An example of a situation would be a weather disaster. Once LCC got in contact with Diana, that's when we got our visit.

When some students were asked what their favorite part was, all of them responded with variations of the same answer; just being able to sit down and pet the dogs. They also liked getting to know each of their back stories and what kind of personality each dog had.

All of the dogs had a wonderful time. Each of them had cute names to fit their cute faces. The dogs that spent the afternoon with us

were Luther, Tille, Susie, and Darlin. All four are Golden Retrievers.

Only positive things came from this great afternoon and because of that hopefully their will be some cool events like this in the future.



Therapy Dog
Photo by YDC Staff

Flu Season is Here!

By Rose

Flu season is upon us and it is busy! The flu has been very bad lately says a cdc.gov writer. Approximately 5% to 20% of the population gets infected by the flu each year.

There are so many ways to catch the flu, give the flu, and even protect yourself from the flu. Flu.gov says that offices, public transportation, and at home in the kitchen are the most common place to catch the flu and other illnesses. Often when people get sick they are sneezing and coughing on handles in the train or knobs in the kitchen, followed by forgetting to wash their hands and putting their hands in their ears, nose or mouth. Some people are much more likely to catch the influenza including, young children, pregnant women, elderly people, people with chronic illnesses, and people with weakened immune systems.

Influenza is different than a stomach flu which causes vomiting and stomachache writes a Flu.gov writer. The influenza can be very dangerous. This is a viral infection which means it is a virus, not a bacterial illness such as a common cold.

Symptoms including a fever over 100 degrees Fahrenheit, achy muscles, chills, sweats, headache, dry cough, fatigue, weakness, and nasal congestion can potentially affect you if you have this virus.

One of the first major flu pandemics was in 1918. The H1N1 virus was the culprit of the Spanish Flu that year. Many symptoms that applied so many years ago, still affect us today because of the H1N1 virus says cdc.gov.

Mayo Clinic says the first thing you should do when you notice flu symptoms is see a doctor. The doctor can prescribe an antiviral medicine to reduce the length and severity of the sickness significantly. To have the best chance of fighting the flu, always stay very sanitary and get a vaccine annually. A very effective way of staying sanitary is carrying a Purell bottle or Wet

Ones wipes or any other disinfecting materials. Surprisingly, the influenza virus begins in birds and other animals including pigs says ABC News. They also wrote that the way the virus comes to humans is when we eat chicken or bacon from the animal that was infected.

When someone in your house is infected with this viral infection, you should create a “sick room” says kidshealth.org. The infected person should not have visitors because they could easily get infected as well. The infected person should use a separate bathroom than the healthy people. Finally, each room should be cleaned

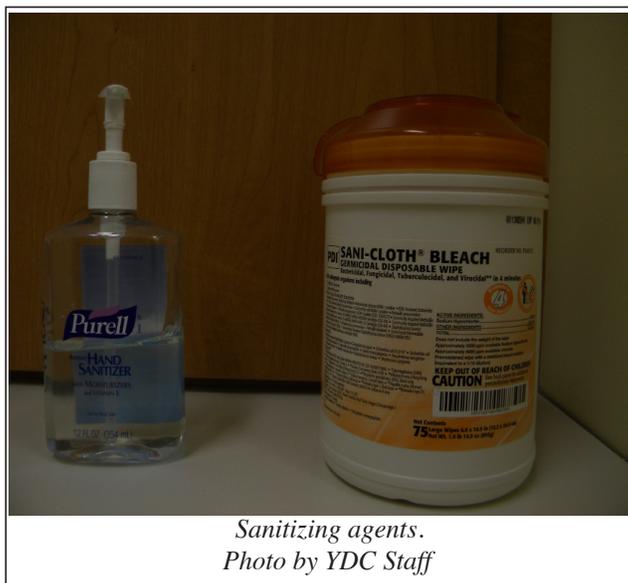
very thoroughly with approved disinfecting materials.

Other illnesses can develop from the influenza. Pneumonia is the most common illness coming from the flu says cdc.org. According to CDC, when you have a cough and you do a lot of vigorous exercise which causes you to breathe heavily through your mouth will force goop into your lungs which causes pneumonia. You can end up feeling worse with dehydration. When you are sick, your body uses a lot more water to keep you cool from fevers.

This will cause dehydration much faster than usual. Most people get a headache and feel very tired says a Mayo Clinic Staff.

Some of the “dos and don’ts” according to cusebs.org (Columbia University Scientists and Engineers for a Better Society) with the flu are as follows: Eat a lot of chicken soup. Dr. Stephan Rennard of University of Nebraska Medical Center in Omaha says chicken soup contains anti inflammatories to help with symptoms when you have the flu. You should also keep hydrated and gargle with salt water.

The O’School can stay healthy and stay away from the flu by washing hands properly. Many people think that just putting soap on your hands kill bacteria but it doesn’t. You must scrub your hands really fast to get the soap to bubble and fizz up says kidshealth.org.



Sanitizing agents.
Photo by YDC Staff



Infectious T'ees

NEW DESIGNS for 2015



Catch the fever.