

Cheverly STEM Buzz

Cheverly STEM Education Center Student Newspaper

Cheverly, Maryland

October 14, 2014



COURTESY: Associated Press

Secret Service Concerns Following White House Fence Jumper

By Daryn, Buzz Reporter

Omar Gonzalez jumped the highly secure fence barrier to the White House September 19, 2014. The 42-year-old Iraq War veteran ran all the way to the east wing of the White House with a pocketknife. Gonzalez was finally apprehended by Secret Service agents at the doorway of the Green Room. There are many questions as to how the Secret Service handled this case.

"With the President and family away from the residence, the question is why was the front door unlocked?" asked former secret service agent Bobby Coates.

Secret Service Uniformed Division Officers are responsible for security of all buildings and grounds at the White House Complex. Special Agents are responsible for the physical protection of the President and family members.

"The President and family departed the premise about 2:30pm, and no doubt, several Uniformed Division posts on the north side of the White House were forced to remain on alert two to three hours prior to departure which forced some personnel from taking routine breaks and/or lunch period,"

"After the departure of the Presidential family, perhaps, one or more posts were relieved without a replacement, realizing the 3-11 shift would be on duty shortly," Coates added.



White House intruder Omar Gonzalez. COURTESY: Associated Press
Continued page B "Secret Service"

How to Spot Ebola

By Joel, Buzz Reporter

Ebola is an infectious and generally fatal disease marked by fever and severe internal bleeding, spread through contact with infected body fluids, whose normal host species is unknown, according to the Oxford Dictionary.



Symptoms include, nausea, vomiting, diarrhea (may be bloody), red eyes, raised rash, chest pain, cough, stomach pain, severe weight loss, bleeding from the eyes, and bruising (people near death may bleed from other orifices, such as ears, nose and rectum).

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6 Scary and Sweet Halloween DIY Costume Ideas

By Erin, Buzz Reporter

Halloween costumes can be expensive. One way to cut costs is by making your own costume.

Rebecca Watson is a major "Do It Yourselfer" or "DIY-er." This crafty and creative mother of three really gets into Halloween.

"Halloween is not just for children" says Watson. She is predicting a lot of "Frozen" Elsa and Anna's knocking on her door. She also thinks Dr. Who costumes will be big this year.

As for her own costume, Watson is thinking of making her youngest son into Curious George and she'll go as the Man in the Yellow Hat – she really likes tandem costumes.

Continued page B "Costumes"

Benefits to 'Going Natural'

By Christian, Buzz Reporter

Dawn Covin, mother of four daughters claims that going natural was one of the best things she could have ever done for her hair and would never go back to chemically relaxing her hair.

"Natural hair is very versatile. You can experiment with twist, braid-outs, bantu knots and strand twists," said Covin. She says you can never run out of things to experiment with.

Covin has been wearing her hair natural 12 years and encourages her daughters to love and accept their natural hair.

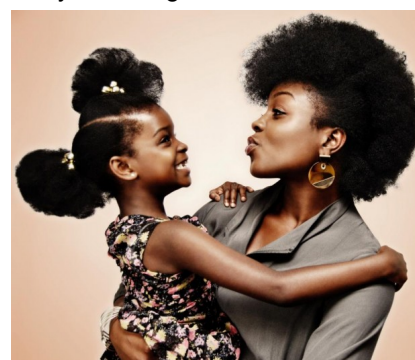
"Natural hair is stronger when compared to relaxed hair due to the tearing of the keratin fibers that have been ripped from the hair follicle while relaxing," Covin added.



She said hair shrinkage is often a hard thing to deal, but you can disguise your hair length.

Covin noted you don't have to comb your hair everyday. "Detangling is a once a week job and although there are more tangles you will have to do it less frequently," she said. "Finger detangling with your hands can also be beneficial saving your precious strands from being ripped out by a comb."

When it comes to natural hair, water replenishes the moisture your hair was stripped of due to harsh sulfates. Covin added, going natural can also save money, since you won't have to go to a hair salon every six to eight weeks.



COURTESY: CurlsUnderstood
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COURTESY: Johns Hopkins Children's Ctr

The Healing Power of Pets

By Julian, Buzz Reporter

People who have or want to get a pet usually want one for pleasure and companionship. These cuddly creatures can also help heal you.

A 2003 study in the American Journal of Cardiology found that men who had heart attacks were more likely to be alive after four years if they owned a dog.

In a 1999 study, half of a group of 48 stockbrokers with hypertension were told to adopt a dog or a cat. After six months, the pet owners showed significantly lower blood pressure than the control group.

"Your dog doesn't judge you," says University of British Columbia psychology professor Stanley Coren, Ph.D. "Pets give you affection and support, whether you've earned it or not."

Animals can also be a social link to others, many people meet and make new friends through dog walking and doggie parks.

On a chemical level, owning a pet may also decrease levels of cortisol (a stress hormone that can damage your body) in your blood and raise levels of the feel-good brain chemical dopamine, meaning you'll feel better emotionally—you'll be happier and more positive.

To maximize your pet's health-boosting powers, pet your furry animal regularly. People who pet dogs experience an uptick in immunoglobulin A, an antibody that bolsters the immune system.

As we pet our animals, our heart rates lower, blood pressure drops and mood altering neurochemicals such as phenylethylamine (active ingredient in chocolate), dopamine, beta-endorphins, prolactin, and oxytocin are released on our bloodstream.

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Cheverly S.T.E.M. Buzz is a product of the Cheverly S.T.E.M. Center journalism class. All content contained is purely for educational non-profit purposes. These student newspapers are posted weekly to <http://www.cheverlystem.com/>

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COURTESY: Nintendo

Pokemon Omega Ruby and Alpha Sapphire Coming November

Nyrere, Buzz Reporter

Nintendo has revealed the upcoming arrival of Omega Ruby and Alpha Sapphire. These games will include some new features in the Pokemon experience, including the new Pokemon contest spectacular. In your adventure you will meet Lisa a contest star. She invites you to the Pokemon contest spectacular.

You will be judged in coolness, beauty, cuteness, cleverness, and toughness and will gain a higher score depending on how much appeal your Pokemon earns. Select a contest that your Pokemon is good at to get a better score.

In the Pokemon contest spectacular you can also get a new cosplay Pikachu. It learns moves that other Pikachu can't learn. Cosplay Pikachu can also be used to battle outside the contest spectacular.

"Pokemon Omega Ruby and Alpha Sapphire is going to be a great game! There are new mega Pokemon including new mega stones. What I'm really more interested in are the Pokemon contests just as the original was," said video game fan Brenda.

Game freak has also revealed that team Aqua and Magma's motives. Team aqua has planned to use Kyogres new found power to increase the ocean to restore Pokemon habitats. Team Magma has planned to use the new found power of Groudon to increase the land to get rid of human and Pokemon coexistence. The new games come out on November 21st and I'm sure that Pokemon fans are looking forward to them.



COURTESY: The Pokemon Company

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"Costumes" continued

Not only does Watson make costumes for people, but she makes costumes for her house. Her front door is dressed as a ghost.



COURTESY: Pinterest

"I get a lot of ideas from Pinterest. But I usually change them to suit me, or make them cheaper," said Watson. She can pull most costumes together in a day, but warns that gathering the supplies can take longer.



COURTESY Pintrest

Watson recommends using cardboard. "Cardboard is the easiest material to use, you can make just about anything with cardboard," she said.

Here are some popular Halloween costume ideas from *The Buzz*.

- 1.) Elsa, from Frozen
- 2.) Anna, from Frozen
- 3.) Dr. Who
- 4.) Any Teenage Mutant Ninja Turtle
- 5.) Star Wars – always popular
- 6.) Katniss Everdeen, from the Hunger Games series



COURTESY: LorenConrad.com

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Making Baby Clothes for Hospital Babies

By Sydney, Buzz Reporter

There are 42 hospitals in Maryland that need clothes for infants and children. Hospitals would like volunteers to give handmade items.

Volunteers who want to knit, crochet, and sew, can make hats, booties, kimonos, and blankets.

"To crochet or knit the baby items you need yarn and a crochet needle. You don't need that much yarn, you can use leftover yarn from another project," said Debbie the owner of the Knitters Nest in Eldersburg, MD.



"If you are new to making baby clothes you will need a pattern. Patterns are instructions," Debbie added.

Baby clothes patterns can be found at a craft store or online.

You want to choose yarn that is very soft. You also want to use yarn that is easy to wash. Debbie advises using acrylic yarn.

To find out where to take your handmade baby clothes go to [carewearer.org](http://www.carewearer.org). This is a volunteer organization that sends these kinds of items to the hospitals.

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"Pets" continued

"Owning a pet gives you a sense of purpose and belonging that can increase feelings of positivity and lower stress levels, all of which translates to health benefits," says Allen McConnell, PhD, a psychology professor at Miami University who studies human-pet interaction. Research shows that people who interact with animals experience a boost in levels of oxytocin, the hormone that promotes love and trust and is linked to reduced blood pressure and heart rate.



COURTESY: Children's Miracle Network

It's not just the feel of soft fur that calms us. Stroking a pet snake can bring down its owner's blood pressure and heart rate, according to a study in the Journal of Nervous and Mental Disease.

"People forget how important touch is—it can establish love and comfort," says Dr. Coren.

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Former Secret Service Director, Julia Pierson . COURTESY: NBCnews.com

"Secret Service" continued

"Obviously, there was a lack of judgment on the part of one or two Uniformed Division personnel who observed the subject on the sidewalk in front of the White House, but didn't place him under surveillance and report to their supervisors," said Coates.

Due to growing controversy, Secret Service Director, Julia Pierson resigned from her post on October 1, 2014. ###

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