



ROUND TABLE

NEWS AND VIEWS FOR AND FROM KNIGHTS

4 Easy Ways to Cut Down Your Sugar Intake

by Tim Herrera for The New York Times



If you've vaguely but assuredly "known" that the cause of the obesity epidemic in the United States is fats, you're not alone. You are, however, wrong.

The sugar industry has conducted a decades-long blitz to convince consumers that fats – not sugars – are the driving force behind America's weight problem, The Times's Op-Ed columnist David Leonhardt writes in our guide to quitting sugar.

But simple carbohydrates, particularly sugar, are the real culprits in the modern diet, and are the driving forces "behind the diabetes and obesity epidemics," Mr. Leonhardt writes.

Cutting out sugar is easier than it sounds, and it starts with evaluating some of our most basic habits. For even more guidance, read our whole guide [via the linked article in the emailed edition of the Knights Herald], but here are four easy ways to cut down today.

Stop drinking soda

This one is a no-brainer. Sweetened beverages account for about 47 percent of added sugar in the American diet, and they are essentially nutrient-free calorie-delivery vehicles. A 16-ounce bottle of Coke contains 52 grams of sugar, more than your entire daily limit.

If you drink soda for the caffeine, switch to tea or coffee. If it's the carbonation or the convenience of having a drink in a can handy, try switching to a seltzer like La Croix (my personal beverage of choice – try the coconut flavor!).

Watch your breakfast

Sugar is stealthily sneaked into many breakfast foods that are marketed as "healthy" or "natural." Flavored yogurts, for example, are loaded with sugar, and fruit juices are an easy way to drink tons of sugar without realizing.

For your morning meal, try to eat more grain-based foods with low or little sugar, like Cheerios, plain oatmeal, bread and homemade granola, Mr. Leonhardt suggests. And if you want to skip grains altogether, great options include scrambled or fried eggs, whole fruits, plain yogurt and nuts.

For even more breakfast recipes, check out these breakfast recipes from whole30, a more radical diet that forces out all sugar, in addition to other items. (A personal favorite crash diet of yours truly.)

Continued on back

39 Knights Inducted into Honor Societies



Newly inducted members of Mount Carmel School's Immaculate Conception chapter of the National Junior Honor Society and the Father Arnold Bendowski Chapter of the National Elementary Honor Society gather for a photo with Bishop Ryan Jimenez and school officials.

This past week, 39 students were inducted into Mount Carmel School's Immaculate Conception Chapter of the National Junior Honor Society (NJHS) and Father Arnold Bendowski Chapter of the National Elementary Honor Society (NEHS).

Bishop Ryan Jimenez, was on hand to help celebrate the special occasion. He also opened the induction ceremony with a prayer and a blessing of the candles representing the values of the honor societies.

Soon after Fr. Ryan's blessing, current honor society students explained the respective values of the honor societies. For the NJHS, those values are scholarship, service, leadership, character, and citizenship. As for the NEHS, its values are scholarship, responsibility, leadership, and service. Students who have a 3.0 GPA fulfill the scholarship value of each society and are invited to apply for membership, for which they must demonstrate that they embody the other values of each respective society.

After the honor societies' were explained, inductees were identified by the ceremonious "tapping" ritual, in which current honor society members go around tapping inductees on their shoulders and inviting them to the main staging area to take their oaths, receive their membership insignia, and sign into the membership ledger.

School president, Galvin Deleon Guerrero, concluded the ceremony with remarks referring to Jesus's washing of the feet of the apostles. He

said, "In this moment, Jesus, even as the son of God, taught us to be humble, to serve others, and to lead by example." Deleon Guerrero added, "Likewise, you too must humbly serve as leaders."

Inductees into the Father Arnold Bendowski Chapter of the NEHS

- Annieskha Arreza
- Aryanna Matsumoto
- Chae Kim
- Gavril Santiago
- Heleyna Dela Santa
- Irene Kim
- Jada DLGuerrero
- Jessiana Tenorio
- Joseph Pangelinan
- Kai Manning
- Lance Javier
- Laura Mareham
- Lexi Langsangan
- Maili Peter
- Mikaehla Mendoza
- Mya Pangelinan
- Oscar Buenafior
- Therese Ogo
- Vallerie Estella
- William Cano
- Zander Gray

Continued on back

Announcements

Student Safety

To help us continue ensuring the safety of our students, please follow all of our school's policies and procedures for student safety, including:

- ALWAYS CHECK IN WITH THE MAIN OFFICE when visiting the campus during school hours. DO NOT GO STRAIGHT TO YOUR CHILD'S CLASSROOM.
- BE ON TIME when picking up your children after school or after a supervised school activity. Parents that are consistently late in picking up their child(ren) will be charged additional fees for supervision and may be referred to the Division of Youth Services for further action.
- DO NOT ALLOW YOUR CHILD TO STAY ON CAMPUS AFTER SCHOOL HOURS unless you have given your child written consent to participate in a supervised extra-curricular activity.
- NOTIFY SCHOOL OFFICIALS IMMEDIATELY of any incident that occurs that may endanger our students so that the school can take prompt, decisive action to ensure their safety.

These policies and procedures are in place to keep our students safe, so please follow them.

2018-2019 School Year

We are excited to announce that enrollment is now open for the upcoming 2018-2019 school year. We are also excited to announce the continuation of the following enrollment incentives:

- Early Bird Registration Fee: \$200 per child (normally \$400) if registration fee is paid by May 1
- Family Discounts*: \$600 off for 2nd child • \$1,000 off for 3rd child • \$1,500 off for 4th child (*Available only to parents and legal guardians of children)
- \$750 (per student) Scholarship & Financial Aid Packages: Application Forms Available May 31st
- \$50 Application Fee Waived (for applications completed online)

To apply online, simply access the admissions link on our school website, mountcarmelsaipan.com. Once there, use the same username and password you used last year. If you forgot your username or password, or need assistance, contact our Information Technology Director, Jonathan "JC" Clark, at jc@saipectech.com.

Sports Calendar

All School Track & Field Qualifier Meets

Elementary 60m, 100m, 200m, long jump
Thursday, April 5, 4:00–6:30 pm, Olei Sports Complex

High School 60m, 100m, 200m, javelin, long jump
Monday, April 9, 4:00–6:30 pm, Olei Sports Complex

Elementary 400m, 800m, 1500, softball throw
Wednesday, April 11, 4:00–6:30 pm, Olei Sports complex

High School 400m, 800m, 1500m, 3000m, discus, shotput, HJ
Friday, April 13, 4:00–6:30 pm, Olei Sports Complex

ESLR of the Week

#1. Communicate effectively using various methods and mediums.

Honor Societies

continued from front

Inductees into the Immaculate Conception Chapter of the NJHS

Aleia Santos
Andrew Sablan
Avah Marie Torres
Daphne Rylee Cruzana
Devin Jordan Propst
Earle Gabreil San Nicolas
Elisa Ellen Blanco
Eric Oh
Ierlyma Deleon Guerrero
Jill Anne Marie Mallari
Kayannie Peter
Larry Dean Cruz
Leyonne Alfred Tolentino
Maria Torres
Miguel Villegas
Natalie Gabrielle Ano
Raesyl Gerard Solis
Ruben Antonio Guerrero
Vicente Reyes

Sugar

continued from front

Check the sauces

As with breakfast foods, food producers sneak more sugar into sauces and condiments than you'd guess – for example, two of the four biggest ingredients in Heinz Ketchup are sweeteners, Mr. Leonhardt writes.

Read the labels on sauces and see how high sugar is listed, and watch out for sugar by another name, like high fructose corn syrup.

Some sauces that don't rely on sugar for flavor are Maille dijon mustard, Gulden's spicy brown, French's Yellow Mustard, Prego's Marinara, and Newman's Own Classic Oil and Vinegar salad dressing.

In the Future

CNMI Covenant Day
TOMORROW, Friday, March 23 (no classes)

Mini-Courses
March 26–28

Holy Thursday
Thursday, March 29 (no classes)

Good Friday
Friday, March 30 (no classes)

Spring Break
March 31–April 8 (no classes)

CONGRATULATIONS



VOX Knights rocked the recent regional competition for the National Speech & Debate Association. Theresa Zheng took 2nd place in Impromptu Speaking and 3rd place in Expository Speaking, earning her a spot on the team that will represent the CNMI at the 2018 NSDA national competition in Fort Lauderdale, Florida in June. Jeff Melchor also earned a spot on the team after taking 2nd place in Prose and 4th place in Dramatic Interpretation. The following VOX Knights also did well in the regional competition: Reica Ramirez (2nd place International Extemporaneous Speaking), Jonelle Toskas (3rd place Chamorro), Michelle Palacios (4th place Chamorro), and Joanie Paraiso (5th place Commentary), Michelle Palacios. The following VOX Knights also fared well enough throughout the year to qualify for the regional competition: Amy Rose Cabanting, Jim Michael Ham, and Lleyton Javier.

Try a diet reset

Mr. Leonhardt's own reckoning with sugar came when he cut sugar out of his diet for an entire month, which he wrote about here. I had a similar experience years ago when I tried Whole30 for the first time (and wrote about it here), and it is truly shocking how much sugar we eat without even realizing it.

If a full month sounds like too big an undertaking, try this: The next time you're making a big shopping trip at the grocery store, stop to read the ingredients label of every single thing you buy. Watch out for keywords that are used to disguise sugar – like dextrose, fructose, saccharose, agave nectar and evaporated cane juice – and take stock of how much sugar you've been eating without even realizing it.

Parent Council Corner



**Monday
April 9**