

# THE PAW PRINT

## "Hoops For Heart" Fundraiser

February is **American Heart Month**, and West Rowan Middle School (WRMS) is celebrating it through student and staff participation in the annual **Hoops For Heart** program. This program promotes community service by raising funds to support heart and stroke research and educational programs that promote physical fitness. The program is sponsored by the **American Heart Association**, and the **American Alliance of Health, Physical Education, Recreation, and Dance**. Participants in this program have raised money to reduce disability and death from cardiovascular diseases and stroke-- our nation's No. 1 and No. 3 killers. This program also provides worthwhile benefits to the students, school and community, such as:

- helping students learn the basic skills of basketball.
- promoting the value of physical activity.
- teaching students to set and achieve goals, and discover that they can make a difference.
- provides students with a terrific way to learn about volunteering.
- provides physical education equipment to their school, based on the amount raised.

Our students will participate in the fund raiser during the month of February. Students' parents should help them by asking their friends and co-workers to contribute. Students can also receive donations through the online fund raising program provided by the American Heart Association's Web Page at [www.americanheart.org/hoops](http://www.americanheart.org/hoops).

Student collections are not the only way the school will raise money. Throughout the month of February, there will be other activities that the students, staff, and parents/guardians may participate in to help raise money. A Valentine's dance is scheduled for **Feb. 19** from 3:30-5:30. There are also two **jean days** scheduled for **Feb. 19 and 26**. Proceeds from all these activities will go to the American Heart Association. There will be "Hoop It Up" Day in the gym during students' exploratory classes on **Feb. 26**.

If you would like to pay tribute to someone during **American Heart Month** and honor them with a donation to the **American Heart Association**, you can contact West Rowan Middle School by calling 633-4775 ext. 131. The program coordinator at WRMS is Teresa Pless, Health and Physical Education teacher.

by: Meghan Sloop, News Reporter



# Teens Against Tobacco



Teens Against Tobacco (TAT) is busy doing lots of activities that try to educate youth about the dangers of cigarettes and other tobacco products. We meet each month to learn more about how to get the word out about how bad tobacco products are for you. We will be having an event at a 7th grade basketball game that will allow us to talk about the dangers of cigarettes and other tobacco products to the spectators of the game. We recently got hoodies and tie-die shirts that were designed by the club members. Thanks to the **NC Health and Wellness Trust Fund** for supporting our program!

## PARTY SNACKS

By Jason O'Dell

The next time you have a group of friends over, help them prepare these nutritious, no-cook treats. Line up whole-wheat tortillas or bread, deli meats, spicy mustard, shredded low-fat cheddar cheese, diced tomatoes, black beans, and shredded lettuce. Guests can assemble their own wraps or sandwiches using their favorite fillings.

To make a **spinach dip**, stir together a 10-oz package of frozen spinach (chopped), a 14-oz. A can of artichoke hearts (drained

and chopped), 8-oz. fat-free cream cheese, 8-oz. fat-free yogurt, and ¼ cup of grated skim Parmesan cheese. Microwave until warm, and serve with baked tortilla chips and raw vegetables.

To make a **fruit slushy**, in a blender, mix a dozen ice cubes with a cup of frozen strawberries. Pour into a bowl and set aside. Then, blend a dozen ice cubes with a banana. Layer the strawberry and banana slush in clear cups, and serve with spoons.

Excerpt from *Teen Food and Fitness*- Resources for Educators.

### <3 Valentine's Day Theme Interviews <3

For this month's issue of the Paw Print, we had a Valentine's Day theme. I interviewed the following students and teachers about their favorite candies and things to do on Valentine's Day.

"My favorite candy for Valentine's Day is Sweethearts. I don't think I have someone that I would spend Valentine's Day with." She said she sometimes gives people Valentine's. Sarah's favorite "Love-Day" color is red.

-Sarah

Hailey's favorite holiday candy is chocolates. She has a sweetheart that she will spend Valentine's Day with. "If I could go anywhere with him, I would go to the Bahamas." Hailey does send her friends Valentines. Her favorite color for the holiday is red.

-Hailey

"My favorite candy for Valentine's Day would have to be M&M's". Mrs. McNeely has someone that she would spend the day with. If she could go anywhere with him, she would go on an Alaskan cruise! *Oh, fancy!* She sends people Valentines on that day. "My favorite Valentine's Day color is pink, of course!"

-Mrs. McNeely

"I would have to choose chocolates to be my favorite". Chloe doesn't have someone that she would spend that day with. She doesn't send Valentines to anyone. "Red would have to be my favorite Valentine's Day color."

-Chloe

### MY INTERVIEWS



Sarah (Top)

Hailey (Middle)

Mrs. McNeely and Chloely (Bottom)



# Sports Update

## 7th Grade Girls Basketball Team

**Coaches: Joyce Hipp / Holly Brown**

- **Sierra Charles**
- **Elizabeth Freeze**
- **Rachel Chambers**
- **Sheniqua Peebles**
- **Alex Brown**
- **Marissa Yow**
- **Hunter Gibbons**
- **Madison Livengood**
- **Leea Earnhardt**
- **Kalaiya Cannon**
- **Shikiera McNeely**
- **Aubree Davis**

## 7th Grade Boys Basketball Team

**COACH: Sam Moore**

- **Alexis Archie**
- **Hunter Bernhardt**
- **Cody Eagle**
- **Clint Euchner**
- **Kevin Gaillard**
- **Celexus Long**
- **Marquez McCain**
- **Tyler Poteat**
- **MJ Rayner**
- **Jeremy Simpson**
- **Dominique Upchurch**
- **Patrick Waldo**



## 7th Grade Basketball Schedule

**2010**

<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>
<b>Feb. 4</b>	<b>North Rowan</b>	<b>Away</b>
<b>Feb. 8</b>	<b>Knox</b>	<b>Home</b>
<b>Feb. 10</b>	<b>Southeast</b>	<b>Away</b>
<b>Feb. 11</b>	<b>Erwin</b>	<b>Away</b>
<b>Feb. 16</b>	<b>Corriher-Lipe</b>	<b>Home</b>
<b>Feb. 18</b>	<b>China Grove</b>	<b>Home</b>
<b>Feb. 25</b>	<b>Southeast</b>	<b>Home</b>
<b>Mar. 1</b>	<b>North Rowan</b>	<b>Home</b>
<b>Mar. 4</b>	<b>Knox</b>	<b>Away</b>
<b>Mar. 8</b>	<b>Erwin</b>	<b>Home</b>
<b>Mar. 11</b>	<b>Corriher-Lipe</b>	<b>Away</b>
<b>Mar. 15</b>	<b>China Grove</b>	<b>Away</b>

## Two Best Wrestling Matches

Hey! Bulldogs this is the Paw Print shouting out to you with some of the wrestling matches this year. These two are the best matches they've had this year, the Southeast and Corriher Lipe contests. The first match we won was 89-12 against Corriher Lipe. The second was 53-30 against Southeast. Great job Bulldogs!

## 8th Grade Boys Best Basketball Games

Here are some of the best games the 8th grade boys had this year. The Corriher Lipe, China Grove and Erwin games were big wins and two were very close and exciting. The first game we won 57 – 26 against Corriher-Lipe. The second was against China Grove 54 – 50. Finally, the third was a very exciting game against Erwin, we won 51 – 46. Great job Bulldogs, you had a good season!

## 8th Grade Girls Best Basketball Games

These three games are the best games the 8th grade girls had this year, two games they won were against China Grove and the other one was against Corriher Lipe. The first game we won 42-40 against China Grove. Second was a 59-35 win in the rematch against China Grove. Finally, there was a 29-19 win against Corriher- Lipe! They had a great season!

## 7th Grade Girls Basketball Season So Far

The first game we played this season was against North we won 10-8. It was tied up at eight until the fourth quarter when Hunter Gibbons hit the winning basket! The second game we played was against Knox, we lost 43-11. The girls had difficulty with handling the ball and just making shots. Against Southeast the girls won 25-23.

## 7th Grade Boys Basketball Season So Far

The first game we played this season was against North, we won 41-28. It was a great game! The second game we played was against Knox we won 29-18. The third game was against Southeast we won 57-14! Keep up the hard work Bulldogs! You've had a GREAT season so far!

# February Editorial! <3

By Kristen Boley

As we all know, February is the traditional month of love! The month where sweethearts give each other candy, chocolate, and roses. Unfortunately, it's proven that more people are sad around Valentine's Day just because they are not "in love." In my opinion there are all kinds of love, and everybody loves somebody. You don't always have to be in love with a girl/boy. The most important kind of love is love for your friends and family. Hanging out with friends on Valentine's Day can be even more fun than being with your love. So, this Valentine's Day, help spread the love by being with all the ones you love! :)



# Battle of the Books

*The Battle of the Books team is doing well. They have a big match coming up in March, the All-County Competition. Mrs. Howard says, "I hope we win". The team is working very hard and reading 27 books. The Battle of the Books team meets in the library every morning from 8:30-9:00.*

## Movie Reviews

By Hannah Allison

It's the 21st century, but gods and monsters have walked out of a high school mythology book. A god named Zeus is not happy that his lightning bolt was stolen, but an even bigger problem is the sudden disappearance of Percy's mom. Percy finds himself caught between the battling Titans of Mount Olympus in "Percy Jackson and the Olympians: The Lightning Thief".

From Walt Disney and director Tim Burton, is the new "live" version of "Alice and Wonderland"! I think this movie is great for little kids and older kids, because it's not so scary or boring. Also all of the characters are funny and creative!

Also from Walt Disney, "The Little Mermaid". This was my favorite movie when I was little, I liked it because all of the characters were so excited and they had good personality! In all of the scenes there are a lot of bright colors! I think this is still a great Valentine's movie.



# February Word Search

Directions: Find and circle each of the words listed below the puzzle.

W O X  
 A D C V W K  
 A U V L J K I F K T  
 T L E E E E R K K E I L  
 Y Q X I Q T J V A I R R  
 Q B Y V Q H T X E D Z P P E M S C T H F T B Y X O U O O  
 A H P E C Y I I V D L B I O D S U G P X E C W M B S N E  
 F G B N K G O Q D R N O O H N F S N O U L M B D D T H R I F  
 T F L O W E R S O I S Y R Y A K S N H R S R U R M M E P P M  
 R H U G S O J S L G N K Z G E C H F N P J V U M U T S A M W  
 A Q S I R L H Y H L T J T H X Y F J O L S B Q L Z A Q F G I  
 O E H P V X T O Y R G B Y N L L A X W E X Y M D W S R J B S  
 R G O Z S H E A R T U I C P V J U G Q S N V Y C R B X Y S N  
 T Z B S S R T U F Y V D T Y F A F O Q K L V D A O C Z T E Y  
 I K I F E D V E G F N I D U L M S N C E V U V N S A N F J A  
 Q Q A O C I Z Z F J X C K G E O C K R Z O J V D E K T R P L  
 Y B R O U N O T C J D X S F K V V H S G W Z Y S T F W K  
 A B M I K K C S U W H U W V M E Q M V I S H O Y B M  
 U T O Q J C M B U D W V E A E Q A H Y V E F N Z  
 Z L W D Z X M T C T N A D E O Y R V Q G A I M D  
 I C H O C O L A T E S H C T W X N O Z R S L  
 A W L Y V J K X O J D S K F N H H V W T H Z  
 A B K O P J U W M E Z T Z Y M I D G S X  
 R J M N T T S F U O Y U R M O T C M  
 W E D U Y C B F S B O P K V Z E  
 U Y A Z U T D O M H R S  
 K M G U P P Z S L O  
 H F E I Z W  
 X H C D  
 V L L W  
 L Z

**Word**

**Bank :** \_\_\_\_\_

- |              |            |          |       |
|--------------|------------|----------|-------|
| sweet        | heart      | love     | pink  |
| red          | white      | flowers  | cupid |
| purple       | chocolates | February | roses |
| candy hearts | crushes    | hugs     |       |

**Mission Statement:**

Our goal is to keep parents, teachers and students informed of all the important and exciting things going on at West Rowan Middle School.

In compliance with federal law, the Rowan-Salisbury School System administers all educational programs, employment activities and admissions without discrimination because of race, religion, national or ethnic origin, color, age, military service, disability, or gender, except where exemption is appropriate and allowed by law.

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