

Spring 2010

THE PAW PRINT

Year End
Newsletter

Making Healthy Choices

Take a look at the average American teen, a great kid who often makes not so great choices. Average Joe or Jane has more free time than previous generations but typically three hours of it is spent playing video games or just sitting around watching T.V. While watching those favorite shows Average Joe also indulges in three snacks a day and takes in more than 27 percent of each day's calories in chips, sweetened beverages, candy and desserts. As a result, today's average teenage Joe is less healthy than his parents were at this age. And in adulthood Joe's more likely to be obese, suffer from high blood pressure, high cholesterol, asthma, sleep apnea, and arthritis than his parents. What's more, Average Joe typically thinks there is nothing he can do to change his fate.

But the kids at West Middle School are anything but average. They're taking steps to combat the obesity epidemic in our nation and state. Those steps are taking them around the building, one trip the length of the main hall to be exact, to earn a snack of one measly M&M. According to health teacher, Tabitha Elledge, one M&M has approximately five calories that requires walking the length of a football field to burn. At a recent health class students walked for 20 minutes to earn their M&M snacks. Then they concluded the class with a math lesson: 10 M&Ms were equal to five French fries, one Oreo, three potato chips or four ounces of soda. That was followed by a discussion of choices: ten M&Ms are also equal to an apple or 50 blueberries.

Health teachers across the Rowan Salisbury School System are focusing on the nutritional and health problems of today's teens where recent data indicates almost one out of every three are either obese or significantly overweight. Research-based initiatives from the U.S. Centers for Disease Control Prevention and Blue Cross Blue Shield of North Carolina emphasize combating the problem with stressing healthy eating choices and more physical activity as well as empowering teens to change habits to improve

their quality of life not only now but in their adult years. At West Middle students are learning to calculate their body mass index, a measurement of body fat based on height and weight, to determine the amount of needed calories. Health class discussions then turn to nutritional choices and portion control.

In Ms. Elledge's class students use their "handy dandy" measuring device to determine food portion. The size of the palm measures the size of an appropriate piece of meat. The fist is the size of an appropriate amount of pasta or baked potato. The thumb represents how much cheese or peanut butter is an appropriate serving and the tip of the thumb is an approximate serving of butter. "I don't expect or want students to count calories," Ms. Elledge says. "I don't focus on fat or thin. I stress moderation. If students are aware of portion control, they don't have to skip dessert. We talk about eating patterns."

Another important factor in making Average Joe or Jane healthier is an intentional program of physical activity. With a sedentary lifestyle as the national norm, teens at West Middle are challenged to limit their "screen time" to two hours or less and to get at least one hour of physical activity everyday. As students began monitoring their choices of activities, one mom reported watching her daughter doing jumping jacks while watching T.V. There's watching T.V. and then there's sort of watching T.V. It's all about choices. So put that remote down, grab an apple and dance through the commercials.

Nancy Barkemeyer, principal

STUDENT REPORTS

by: Tyler Myers

I interviewed four people. I asked them if they knew what a bovine was (which is a cow), I asked them if they were a pickle, I asked them if they knew the newspaper was online this year, and I asked them if I was annoying.

Jordan, a 6th grader, said he didn't know that a bovine was a cow, he wasn't a pickle, he knew the newspaper was online, and he thinks I am annoying.

Mrs. Gibson said she didn't know a bovine was a cow, she was not a pickle, she knew the newspaper was online this year, and she thinks I am annoying.

Abby, an eighth grader, said that she did not know a cow was also called a bovine, she is not a pickle, she does know the newspaper is online this year, and she doesn't think I am annoying

I interviewed Michelle, a seventh grader, and she said she did not know what a bovine was, she is not a pickle, she knew the newspaper was online this year, and she thinks I am very annoying.

THE END!!!! :)



Editorial The End is Near

The school year is almost over, E.O.G.s are here, Spring Break is over and everyone is going crazy! It's true- the school year is coming to an end. Winter is over and the sun has come out, causing an eruption of heat. People are going crazy about the beautiful weather. The girls are tanning and the boys are being as sporty as ever. Meanwhile, people are stressing over the E.O.Gs when there is nothing to really stress about-for everyone, this is at least their 4th time taking it. It's not anything new, people, just remember it's nothing but a test. Well, okay, it's more than a test, it measures what all you've learned this past school year; it tests your knowledge. Unless you want to make it look like you have not learned anything then you had better take it seriously. However don't stress yourself to the limit, take everything in without frying your brain. Don't kill yourself studying, but pay attention! Education is important, so don't flunk, just give the test your all and that should be good enough. You can always say you did your best no matter what; if you just put forth some effort. People look up to you when you say "I did my best" but when you say "It was hard and after a while I just started guessing", well, it makes your teachers look bad and it makes you look even worse. Don't worry about time either- you will always have extra time when it comes to this. Here are the 10 steps to a perfect E.O.G

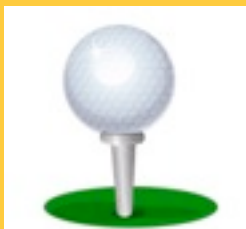
1. Don't stress out
2. Get enough time to sleep
3. Eat a good breakfast
4. Concentrate on the E.O.G.
5. Take your time
6. Think before you answer
7. Don't think of anyone else
8. Don't study till you fry your brain
9. Wear comfy clothes
10. Read this before you take the E.O.G.

SPORTS

Golf Team

- Marshall Ball
- John Corriher
- Clay Corriher
- Jacob Fleming
- Dakota Fleming
- Owen Harrison
- Jake Kennedy
- Coyte Kyles
- Andrew Jiles

- Austin Teeter
- Denny Triche



Golf Schedule

The Golf Team finished first during the season and also finished in first place at the Tournament.

Top Golfers: Coyte Kyles and Jake Kennedy.

Track Results

Boys Track placed second in the Conference Meet.

Top Boys: Zeke Blackwood, Derek Fortson, Marquez McCain, Deonde White

Top Girls: Hannah Allison, Maddie Cook, Allison Manley

Girls Track

- Hannah Alison
- Kristen Bailey
- Audra Benson
- Hiyara Bost
- Morgan Bullock
- Sierra Charles
- Maddie Cook
- Kaelyn Cranford
- Aubree Davis
- Nycieko Dixion
- Lee Earnhardt
- Raegan Foster
- Kayla Heilig
- Yasmine Lenster
- LaQuanda Lenster
- Alision Manley
- Abby Martin
- Andie Myers
- LayIn Neely
- Haylee Nichols
- Sheniqua Peebles
- Emily Puckett
- Zakiya Smyre
- Tyana Sykes

Boys Track

- Sentrel Beatty
- Daisean Reddick
- Tyler Kennedy
- Dillon Nichols
- Derrick Fortson
- Zeke Blackwood
- Cole Childers
- Kevin Gaillard
- Dontay Houpe
- Greg Joseph
- Matthew Langford
- Celexus Long
- Marquez McCain
- Dillon Nichols
- Jalen Norman
- Jason Odell
- Preston Perry
- Deiondre Pledger
- Franklin Ramseur
- Jonathon Santoyo
- AJ Steele
- Davon Steele
- Dominique Upchurch
- Patrick Waldo
- Keyown Weeks
- Deonde White

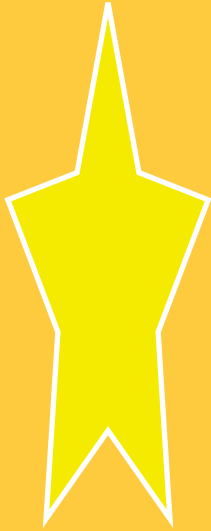
Boy's Tennis Schedule 2010

- Mar. 23 vs NR @ Away
- Mar. 31 vs Erwin @ Away
- Apr. 20 vs SE @ Away
- Apr. 22 vs Knox @ Home
- Apr. 27 vs CG @ Home
- Apr. 29 vs NR @ Home
- May 3 vs Erwin @ Home
- May 11 vs Mooresville @ Home
- May 20 vs SE @ Home
- May 24 vs Knox @ Away
- May 27 vs CG @ Away

*All games start at 4:30 except May 11, which starts at 4:00



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How to Train Your Dragon

RATED PG

Director: Dean DeBlois Chris Sanders

Stars: Jay Baruchel, Gerard Butler,

Christopher Mintz-Plasse

Studio: Paramount Pictures

The Plot: Young Viking Hiccup

Horrendous Haddock the Third is sent to where he is to subdue a dragon to become a man on the Isle of Berk in the North Sea. This movie is appropriate for kids and is a very sweet and funny story.



Clash of the Titans

Rated PG-13

Director: Louis Leterrier

Stars: Sam Worthington, Liam Neeson, Ralph Fiennes

Studio: Warner Bros. Pictures

The Plot: In a loose adaptation from Greek mythology, Perseus, who was born a god but raised as a man, sets off on an great mission to combat Hades (the God of the Underworld) before he can seize power from Zeus (Ruler of all Gods) and unleash destruction on earth. This is a very epic film that goes along with Greek Mythology. People who are interested in this topic will love this movie!



Alice In Wonderland

RATED PG

Director: Tim Burton

Stars: Mia Wasikowska, Johnny Depp

Studio: Walt Disney Studios Motion Pictures

The Plot: 19-year-old Alice returns to the magical world (Wonderland) from her childhood adventure, where she reunites with her old friends and learns of her true destiny: to end the Red Queen's reign of terror. If anyone who knows who Tim Burton is, they would know that this is a horror film. It is not the original Alice and Wonderland so don't get confused!



George's Susan

by Shayla Harwood

Inspired by a drawing from The Mysteries of Harris Burdick by Chris Van Allsburg

George S. Davidson was a very unhappy man. He was middle-aged. He was tall, awkward, and dorky looking. He wore big square glasses, a little bow tie, and pants he pulled up too high. He was half bald, no hair on the top but some on the sides. And he always looked as if he was annoyed or irritated. He had been divorced three times. No pets, no children, and no friends. He lived in a one story, old, creepy looking house. It looked as if it was built in the 18th century. Squeaky hinges, chipped paint, cracks in the windows, spider webs, and anything else you could imagine that had to do with spooky. He worked at an elementary school as a janitor, which he hated. He despised the kids and the teachers. All of the teachers, except for one. Her name was Susan Parks and she taught second grade. She had long, wavy, brown hair, beautiful hazel eyes, and a face just like a baby doll's. She had been working at the school for about 3 months before George ever spoke to her, or she spoke to him.

"Hello Mr. Davidson," she said in an oh so professional way.

"Uhh, hi," he said nervously.

"I couldn't help but notice that every time I walk by you, you stop what you're doing and stare at me."

"Do I?"

"Yes you do."

"Well, I never noticed I did it. I'm sorry."

"It's perfectly fine. I actually find it quite cute!" She gave him one of her flirty smiles and went back to her class of children. From that day on, George was in love with her.

Time passed and they eventually started to date. On their very first date, George took Susan to a fancy, Paris themed, expensive restaurant. They talked about their likes and dislikes and... well... they were complete opposites.

"So, tell me a little about yourself," George said in a romantic way.

"Well, I like the water and long walks on the beach. I love animals and..."

"Whoa, whoa, whoa..." George interrupted. "You like animals?"

"Well yes. All animals. Especially cats. You don't like them?"

He wanted to tell her how much he hated animals, especially cats. And how much he hated the beach, and the water, and just about everything else. But he was afraid that if he told her the truth she wouldn't like him anymore. So he lied, and said he liked everything she did.

"Are you kidding me? I looovvee cats!" he lied.

After one year of dating, George popped the question and she said yes. They moved in together and were happy as can be. One day George came home early because Susan had stayed home from work that day. She had called him and told him she had a surprise for him. Even though he hated surprises, he acted happy.

"Hoooooneeey!" Susan called in a happy, Snow White voice. She ran to him and gave him a big hug.

"Happy Birthday, love!" She said with a huge smile on her face.

"Thanks, sweetie."

"Okay, time for your surprise."

"Hooray!" He said in a fake, happy tone.

"It's about yay tall and yay wide." She held out her hands about six inches apart.

"Okay. Where is it?"

“Here's the fun part, you gotta find it!” Right then and there he wanted to scream to the top of his lungs, but he didn't. He just gave a big smile, which was fake, and started to search around the house. He looked in their room, the kitchen, the bathroom and the guest room but he couldn't find it. As he was walking up the hall to tell his wife

the *terrible* news he heard a noise. He thought it came from the den, which he forgot to check. He stopped and listened. He heard it again. It sounded as if somebody knocked over something. He walked in the den, slowly. He looked around. He saw a stool was knocked over. He started to investigate when he noticed there was a lump on the floor, under the carpet, about three feet away from him. He tip-toed up to it. He stretched his leg out and tapped the lump with his foot. It moved fast in the other direction. George jumped back and hollered. The thing under the carpet stopped, turned, and came flying towards George. It crashed into a little table beside him. George picked up the closest chair to him and just as he was going to smash whatever it was under the carpet, Susan came running in the room.

“NOOOO!” she yelled. “That's your present.” George looked at Susan in a confused way. He sat the chair down and asked “what in the world is it?” Susan bent down, lifted up the carpet and pulled out a small fluffy, grey and white kitten.

“Surprise!” she said with a grin. Without thinking, George exploded, jumping up and down yelling.

“No! No no no no no! Get out of my house! Get it out!” He hollered.

“What? Why? You told me you loved cats.” George froze right in the middle of his tantrum. He looked at her. He remembered that he did say that. And that no lie could cover up the one about cats. He sighed in shame. He sat his wife down in a chair. He sat down in front of her and came clean. He told her all the things he had lied about and reasons for doing so. He told her all the things he hated and the very few things he didn't. After 30 minutes of him “coming clean,” she didn't say anything. She just stared at him. She just stared at him for a whole three minutes and finally said something.

“Wow. That's a lot. I didn't even know you could lie that much. I didn't know that was possible. Just... wow”

“I know. But I told you the truth because I love you.”

“If you really loved me you would have never lied in the first place.”

He didn't reply. She shook her head in disappointment.

“I'm... I'm...” the words she found hard to say. “I'm... I'm sorry,” she finally said as tears rolled down her cheeks. She then stood up, took her ring off and sat it down in the chair she had been sitting in, leaned over toward over George and kissed him softly on the cheeks, then left. He didn't run after her, he didn't call her name and tell her to come back, he just sat there. He sat there for hours, thee to be exact. And after three hours of just sitting he said, in a soft, sad, whisper “But I love you with all my heart and soul. You're my everything. You're my life. I love you...” Then he fell over. His face met the cold, dirt floor. Dead.

All George's life he was cold, hateful person, but Susan was his weak spot. He loved Susan and Susan loved him. Susan made him smile, more than he had ever smiled in his life. When he was mad, she would always find a way to calm him down. Susan gave him a shoulder to cry on whenever he needed it. Susan made him happy which he never was before. Susan changed his life. And when she left, it killed him.

End of the Year Word Search

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

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

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|----------|-------------|------------|------|
| Summer | Beach | Flip Flops | EOG |
| Outdoors | Sandcastle | Flowers | Sun |
| Hot | Beachtowels | Sunburn | Pool |

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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