

THE MIRROR

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The Trip to the Rhinebeck Performing Arts Center

By Annsley Fischer

On Tuesday, October 6th 2015 the entire 7th grade class of 209 students went to see "Sunrise at Campobello" at the Rhinebeck Performing Arts Center. For this trip the PTA did all the funding. The 7th grade were on five different buses riding for 40 minutes. In the theater it was just the New Paltz 7th grade class and with that it was cramped.

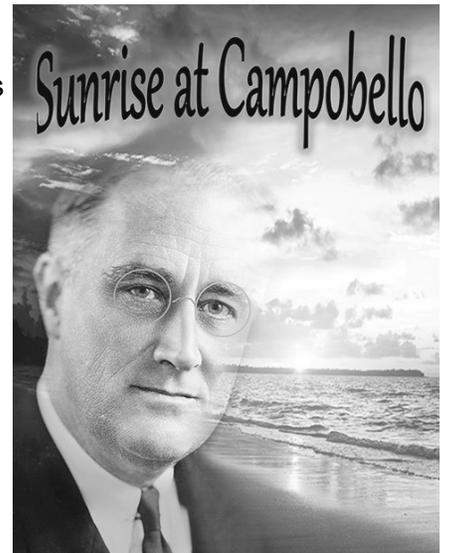
The topic of "Sunrise at Campobello" was President Franklin D.

Roosevelt, also known as FDR. At the beginning of the play FDR and his 5 children were swimming. He thought he was just sore because it was his first swim in a long time. He thought he was just sore but at that point he was coming down with polio. His first symptom was his legs getting weaker. When he was well enough to travel he and his family went to New York City to see a doctor and go for treatment. Being in a wheelchair was frustrating for FDR because he was so active in his life before. Several times in the play he gets very angry and starts to yell. When FDR walked to the podium with the help of crutches to give a speech, it was a very big deal because he was paralyzed from the waist down. This was his reintroduction into public life.

This play contained many important themes about life. One is that if you're disabled you should never give up. Another is to accept the difficulties you might find in life. One more might be support your loved ones in hard times. We go on these trips to expose students to theater

life and to learn about historical figures.

"Sunrise at Campobello" was a very good experience and related to several subjects in school. In science the 7th grade studied viruses and polio is a virus. In Social studies we are going to learn about FDR. Most people in the 7th grade really enjoyed the play. We thank the PTA for a great trip!



Interview with Sharon Owner of Wilklow Farm

By Kristie Benel

The Hudson Valley is famous for its apple orchards. One of these orchards is owned by Sharon Wilklow from Wilklow Orchards. In the fall, hundreds of families come to enjoy apple picking and choosing the perfect pumpkins to carve into jack-o-lanterns for Halloween, make into pies, or just to decorate their stoops with.

Farms like Wilklow Orchards have huge fields of apples. The owners of the farm keep track of how much they sell. "We usually sell about 25 thousand bushels, about one million pounds, each year. Some years are better than others because of the weather. This year was pretty good, but it was very dry and our crops almost died. Luckily the rain came just in time." says Sharon.

Another problem not only Sharon has to face, but every owner of a farm, is when it gets cold early, like this year. The farms have to struggle to keep their crops alive. "Apples don't die as long as you don't touch them. Tomatoes on the other hand die, unless you pitch them. Also, we try to gather all of the tomatoes before they freeze."

September through October may be the time they sell things like apples and pumpkins which you can pick yourself. But in August they sell peaches, plums, raspberries, tomatoes, and more in their fruit stand.

We are so busy enjoying the delicious fruits, that we never think about the people who made it possible for us to have them. They work very long days. For Sharon this often means getting up at 3:30 am and ending the day at 10:30 pm. "Another other bad part about owning a farm is that, whatever time it is, the farm comes first, even in the middle of the night. You never know when you have to stop what you're doing and tend to the farm. Once I had to get up in the middle of the night because the power went out and we had to keep the plants in the greenhouse alive. I also remember the time a steer got out while we had friends over for dinner, and we all ended up chasing it."

Apart from the two bad parts of owning a farm, Sharon really loves it out on the farm. She loves the business and her employees love it too. Even her daughters and some other kids help out. "Around this time of year I have 25 employees. One of my daughters takes care of the technical stuff and the other daughter writes down all of the deadlines and papers so that I can just sign it and send it out. My third daughter takes calls when I'm not around. The younger kids mostly go to the market. My absolute favorite time of year for being on the farm is the fall, because the leaves behind the orchard turn all different colors and it is just so lovely. My favorite part about owning a farm though, is looking at your successful crops and knowing that they were successful because of you."

At the end of the year, there might still be some apples or pumpkins that weren't bought. Luckily, instead of wasting them, Sharon has come up with a solution. "We turn the apples into pastries, jam, cider, and apple sauce. We sell the pumpkins until Thanksgiving, and if we still have some left, we give them to our pumpkin loving animals."

I hope you enjoyed reading my interview with Sharon Wilklow, owner of Wilklow Orchards!

My family and I personally love Wilklow Orchards. Every fall, we go apple picking and eat their delicious apple cider doughnuts while drinking the best cider in the world. There are also animals including goats that love to be fed grass right out of your hand and chickens that are so fun to watch. I hope that you will love Wilklow Orchards as much as I do and even visit it during the fall when you are done reading my interview with Sharon Wilklow!



Interview with Tania Aebi, World Traveler

By Emilie Aebi

On January 4, 2016, Tania Aebi came to speak to all 7th graders. Spanning 1985-1987, Ms. Aebi circumnavigated the globe in a small sailboat all alone. She also happens to be the aunt of one of our students! Here, Emilie Aebi interviewed her aunt with some follow-up questions to her presentation.



Are you still friends with anyone from the trip?

Yes I'm still friends with most of the people I met and a lot of them I visit or they come and visit me.

Did you ever stop and swim in the middle of the ocean?

Maybe once or twice I would jump off near a coast, holding on to something, but I would just get back on right away. I'm terrified of sharks.

What was the most interesting thing you saw in the ocean?

Definitely finding nautilus shells, because they were my favorite shell and they're just really pretty.

What was going through the Panama Canal like?

When you go through the Panama Canal you need at least five people on board because you need four leaders and helmsmen. Well, initially I was just going to take a volunteers, which are people who want to go through the Panama but need a ride so they join crews if that ship need more assistance.

Did Tarzoon (Tania's cat and companion) ever fall in the ocean?

Twice, but the second time I was sleeping when it happened and he fell off without me knowing it.

The first time he just slipped off the boat and I had to turn around and get him.

If he fell off without you knowing and while you were sleeping then how did you know?

The reason I woke was because Tarzoon decided to shake water on me to show me that he accomplished swimming.

What was the most beautiful view you ever saw and why?

All the islands had their own beauty, but in my opinion French Polynesia was just beautiful.

Did you see any beautiful sights on the water?

Yeah every single sunset was breathtaking. Even somethings I just heard about sounded amazing, like these green rays that would shoot out on a specific day at sunset in the tropic areas, but it's just a myth for all I know.

At any point did you want to take a plane home because you couldn't stand it?

About every moment I wanted to do that.

Then why didn't you?

Well I knew I would have disappointed a lot of people and all the work I did would just go to waste, and when my mom died she wanted me to keep going.

Continued from page 3.....

Did you ever capsize?

Well in a sail boat you can't capsize, the boat will just come right back up.

How much of percentage do you get when someone buys your book?

12½ %

In your book, why are all the pictures placed in the middle?

I guess that's just how the publisher did it or how the copier did it.

Did you actually open the presents that were given to you for special events before or on that day?

Yes I always opened my presents on the day that I was supposed too, except crossing the equator because I thought I crossed the equator when I was still 50-60 miles away. But usually you know how to navigate and you know how to estimate pretty well where you are.

Did you ever regret being a punk kid?

No because during that phase I had a lot of the friends that I still know and that I actually just met up with. And if I haven't had gone through that phase then maybe I wouldn't have gone down the path that I went down.

How come you took so long on the trip?

I kind of had to because of all the hurricane seasons, I had to stay in Tahiti because that was hurricane seasons. And also I wanted to see the views and the cultures, and it was so hard to leave because of all the friends I made and also growing used to being on land. It was always very hard to leave behind the friends I made.

Why didn't you just buy a new boat when the motor kept breaking?

It was just easier to keep the boat that I had and just keep fixing the motor. And also it was cheaper just to fix it. And now I have the boat of my dreams.

If you could do it again and break your record would you?

No, because I don't care about the record I just want to have the adventure and the experience.

Middle School Students Volunteer at Blood Drive

Every year on Election Day, the New Paltz Middle School runs a Blood Drive. It is always a good time because many people are in the school to vote anyway. Ms. Dubois and Ms. Gruver organize the logistics of the drive and then many 8th grade students volunteer. This year was a success thanks to the hard work from our middle schoolers.

Did you know????

Blood products are perishable: donated red cells last only 42 days, platelets last only 5 days, and plasma can be frozen for a year.





Field Trip: Statue of Liberty by Annsley Fischer

Many of the 7th graders went on a field trip to the Statue of Liberty and Ellis Island on October 21st, 2015 for art class. The main goal of the trip was to take pictures. The 7th graders boarded the busses right after homeroom and were soon on their way! The bus ride was long - almost three hours long! They arrived at the ferry in New Jersey and it was then only a short ride to the first stop. The ferry served food and sold souvenirs.

The first stop was Ellis Island. Ellis Island was where many immigrants came through to come to America. Students ate lunch and then were able to do rubbings of the memorial wall. Names of immigrants were carved on this wall. Some people even found family members! The students then got to visit the museum - where students were able to see the actual rooms that immigrants went through on their way into the new world.

Then, students took another ferry to Liberty Island. Liberty Island was really crowded. Students got to walk around the entire Statue of Liberty and then went to several gift shops. The gift shops were very expensive, though, and by the time students got to the last shop, many were broke!

Students took pictures for art to spell out their names or create their initials. They found the letters in scenery, exhibits, or nature. Students edited the pictures, created collages with them which were then displayed outside of the art room.

Overall, the trip was successful and students had a nice time!

Minecraft in Class?! **By Davion Mumper**



MINECRAFTEDU

The current sixth grade students in the New Paltz Middle School are playing the game Minecraft in their Social Studies class as a treat and for education. For those who don't know what Minecraft is, Minecraft is a video game currently owned by Microsoft. There is no goal of Minecraft other than to build, and create. The sixth grade social studies teachers have modified Minecraft to be educational. In the Minecraft world, the students will start to do quests, such as meeting a pharaoh from ancient Egypt, seeing ancient China, etc. The students will be able to interact with each other (do quests with each other) . The teachers can ban the students from playing the game or make the students do certain quests and actions in the game.

Apartheid, remember that?

By Delia Nocito

When the 6th grade read *Journey to Jo'burg*, we all read about Apartheid, that time in South Africa when all native people (blacks) were terribly discriminated against. Blacks were shunned to townships, or dirty areas where there was no plumbing. One thing that interests me is the fact that wherever they go, they had to have passes. These passes told police officers where the blacks were supposed to be, and where they were going to.

Now, on a completely unrelated topic, I am a sixth grader, and I'm loving the Middle School. The clubs, competitiveness, the classes, the teachers. Well, except for one thing. What I don't like is the fact that we have to have passes everywhere we go, even bearing the signature of our teacher. I think that is uncannily like this Apartheid signature.

I interviewed Anna Adams, "No, I don't care for them because every time you leave the classroom, you have to have a pass, even if you are going somewhere nearby. Alas, people will just get up and out of the classroom otherwise."

I asked Ms. Hughes, and she confessed that stopping in the middle of class to sign a pass is distracting at times, but necessary to keep track of where kids are at every time. She explained that many students don't understand the real purpose of passes. It is a safety issue.

I suggest a compromise. What if people didn't have passes, unless they were caught in the act of inappropriate hallway behavior? Then, innocent people wouldn't have the burden of passes everywhere. This would be fair; and people who acquire passes would eventually get rid of them.

I want to make this school a better place, and first stop is . . . stopping middle school apartheid!

Wicked the Musical

Review by Kaitlyn Weinerman

In Spring of 2013 I went to the Broadway show, *Wicked*. To be honest, it was amazing! The part of Elphaba, played by Lindsay Mendez at the time, performed beautifully with grace and emotion. When the show was over I was speechless. I also had a bit of a headache because of all of the musical numbers. In the musical, the characters demonstrated the themes of love, friendship, trust, and so much more! My favorite musical number was "Defying Gravity". I have the soundtrack and I listen to it a lot!



If you ever have the opportunity, I think you should go see *Wicked*!

The 7th and 8th graders involved in this year's musical "The Little Mermaid" were fortunately able to see a production of "Wicked" as well!

Social Media

By Davion Mumper

Social media has made human civilization grow in both positive and negative ways. Some people think that social media has affected us in only negative ways. I believe that some forms and apps of social media are unnecessary and contribute to failure in a specific part of a human's life.



Social media has led to a way where some people can bully others severely without being caught. Sometimes the bully can virtually kill another person online without knowing. People like to post things online like private information about him or herself to the whole world to see. Some apps of social media post your location which is very dangerous in multiple ways. *Kik* is a form of social media that most parents don't know about. *Kik* attracts teenagers because you can text others anonymously.

Many people don't know that anything posted on social media is permanent and when you are getting hired for a job they will look at everything you post. If you post anything inappropriate it will affect the possible chances of you getting into that job in a negative way.

Sure, social media affects us in so many negative ways, yet we can import goods through social media, you can connect with loved ones far away with social media, you can even find your future husband or wife on social media! We should let some forms of social media live on and others be lost. Striking a balance is key.

Are Beauty Pageants Bad for a Girl's Self-Image?

By Kaitlyn Weinerman

I don't think girls should be allowed to go to beauty pageants. A girl could lose her self-confidence by not winning a beauty pageant.

Girls in beauty pageants waste their time being beautiful when they could be working on school-work or making sure they are healthy. Beauty pageants teach girls and teenagers that you can win by being beautiful. If a girl does not win a beauty pageant, she will feel so crushed that she will not show her face because she does not feel beautiful. She will not feel beautiful for a very long time. The girl will also not be as confident as the other girls who are not in beauty pageants.

Riverside, a girl who is against beauty pageants, says that she has seen girls walking on stage, plastering a fake smile on their face, looking at a crowd full of strangers whom are mostly full-grown men. She feels that this is inappropriate. Believe it or not, Riverside has seen kids as young as four years old in pageant's.

Beauty pageant supplies (makeup, clothes, ect) can cost thousands of dollars a year. Registration fees can sometimes be hundreds. Debate.org says that if parents have enough money to enter their daughter(s) in beauty pageants then they have enough money to give their kid(s) a proper childhood. Girls should be having sleepovers and watching Disney movies. They should NOT be on the couch having hair extensions taped to their head.

Some people may believe it is a kid's choice if they want to be in a beauty pageant. Some argue that putting on lipstick and putting on mommy's heels is basically going to a beauty pageant. I think it is important to keep in mind that at beauty pageants you have to dress up in a usually inappropriate outfit, heels, and a heavy load of makeup, and dance around in PUBLIC instead of in your own house. When you are in your own house you can make sure that you are alone. When you are in public you can't control who's watching you.

For all these reasons, I believe that we should put a kibosh on this beauty pageant nonsense.

REVIEWS

Throne of Glass . . . Sarah J Mass

5/5 Stars

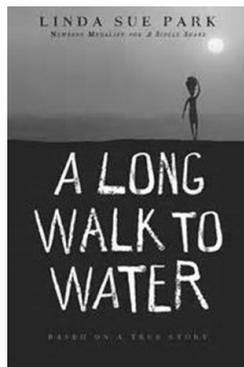
Celaena Sardothien was once Adarlan's greatest assassin... until she was captured and sent to the salt mines of Endovier. After a year of slaving away in the mines Adarlan's crown prince comes and offers her a chance to win back her freedom in a deadly competition to become the king's champion. On Adarlan's throne is cruel man who harshly rules his country while taking over the rest of the continent. But inside the glass castle lies a much darker and deadlier secret; several other competitors have already turned up dead. Celaena must solve the mystery before she, or any of the other competitors, are dead.

Throne of Glass is a great action-packed fantasy adventure novel with a strong female character who empowers women around her.

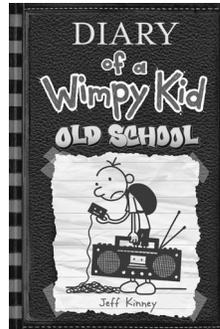
A Long Walk to Water

By Kaitlyn Weinerman

The novel *A Long Walk to Water* was a wonderful, tear jerking book. It is a true story about a boy named Salva Dut, and how he is separated from his family and has to travel thousands of miles to escape danger. He survives animal attacks, diseases, and war as he leads a group of 150 boys to safety in a refugee camp. At the same time, many miles away, a girl named Nya has to walk eight hours twice everyday to get water for her family. This is the story of both of these humans who struggle to survive. This book was fantastic and thrilling in every way.



Review: Diary of a Wimpy Kid: Old School By Davion Mumper



Old School is from the *Diary of a Wimpy Kid* series. It was published November 3, 2015. The *Diary of a Wimpy Kid* series is a book that many children enjoy reading. *Old School* was written by Jeff Kinney. The book is about a seventh grade middle schooler whose mother came up with an idea to "unplug to reconnect." Her idea was that everyone in the town should stop using their cell phones, TVs, or any electronic for 48 hours. Now the protagonist must learn to survive without a TV for 2 days.

This book relates to the problem today, people are constantly on their electronics playing a game, or texting, or posting how they went on a roller coaster on Facebook.

Review: The Girl Who Could Fly by Davion Mumper



The Girl Who Could Fly was written by Victoria Forester. It was published June 24, 2008. *The Girl Who Could Fly* is a children's book. It's about a young girl, Piper McCloud, who has a special ability to fly. In the book, the girl is discovered by the "principal" of a school called

I.N.S.A.N.E. There, she makes other new friends with other special abilities, such as, X-ray vision, telekinesis, and shrinking. At I.N.S.A.N.E, the teachers teach what any normal teacher would, but they don't teach how to use their special powers. In time, the Piper learns that the school may be the most dangerous place she's ever been at.

I believe that even adult fiction books can even learn a thing or two from this book.

Being in “The Little Mermaid Jr.”

By Kristie Benel and Emma Clements.

Being in New Paltz Middle Schools production of the “Little Mermaid Jr” was very enjoyable for us. The main cast included Olivia Benedict, Queen Irving, Ava Sarubbi, Michael Messina, Lily Mercogliano, Lilah Fischzang, Cormac Stutzman, Alex Hill, and Josh Clinton. We were in the 6th-grade ensemble and had so much fun. Each rehearsal we learned something new from our wonderful directors. Mrs. Holmes and Ms. VanEtten were amazing at teaching us all of the dance moves and song lyrics. After the bows at the end of each performance, we always chanted for them to come on stage because they deserve a bow for being so wonderful. Every family member, friend, or stranger from the street loved the show. Many of the performers still can't get the songs out of their head, and are singing them absolutely everywhere. We all had loads of fun and can't stop thinking of the fun-packed time we will have next year.

The Importance of Eating Lunch

by Harper Serringer

Next time you are in the lunch room look around. The population of people not eating lunch is way greater than the people who are. I took a survey and the overwhelming result showed most 7th graders don't eat lunch a couple days a week.

I interviewed many of my friends here are their opinions:

Me: How do you do you feel about the issue?

Friend 1: I think kids should eat lunch or at least a snack. Food helps you focus in school.

Me: Any more comments?

Friend 1: Yes my friend doesn't eat every day and the monitors walk right by, I think that monitors should encourage children to eat lunch.

Friend 1 is absolutely correct. According to Global Post "A good lunch benefits a student by giving him the energy to remain alert during class time." Many studies, such as one conducted by Tufts University School of Nutrition, have confirmed that students who are hungry because they have skipped lunch are distracted in the classroom. In addition, studies have shown that "malnutrition from habitual undereating can interfere with normal physical and mental development."

I also interviewed friend 2 (A constant lunch skipper).

Me: Why do you not eat lunch?

Friend 2: To be skinnier, I am also working out.

Me: So you don't bring lunch to school?

Friend 2: No, I do bring home lunch I just throw it away.

"Food and nutrition directors at school districts nationwide say their trash cans are overflowing while cash register receipts are diminishing as children either toss out the healthier meals or opt to brown-bag it" says The New York Times.

I then asked my friends about body image here are a few quotes.

"I like food too much to care about body image."

"Body image is dangerous and not important."

"Body images make me sad and make me feel unworthy."

As you can see, different people feel different ways about body image but the important thing is to remember that eating lunch will not only improve your health but also your grades and the way you feel.



Many people have never heard of lacrosse. If you have never heard of lacrosse then you are missing out on a great game! Lacrosse is a mix of basketball, soccer, football, and hockey. The boy's equipment is a stick, lacrosse gloves, rib pads, protective cup, arm pads, shoulder pads, mouth piece, and a helmet. The girl's get a stick, goggles, mouth piece, and gloves. Goalkeepers get more equipment. Boy's lacrosse is more physical than the girls. The girls can only stick check but the boys can stick and body check.

Interview with Coach Constable about Lacrosse – the “fastest game on two feet!”

By Annsley Fischer

** Coach Constable is the Varsity Lacrosse coach at the High School. Here is an interview about his background, the sport, and the team.

1- What can you tell us about lacrosse?

Coach: It is the fastest game on two feet. Developed by the Native American tribe the Iroquois. It is a full contact sport and fun to watch.

2-What position did you play?

Coach: I played attack.

3- Where did you play?

Coach: Geneva high school followed by Cortland State University.

4- How did you get involved in lacrosse?

Coach: It was very popular where I grew up.

5- How did you start to get kids interested here?

Coach: I started recruiting football players and had clinics.

6- What kind of equipment do you need to play lacrosse?

Coach: The boys need helmets, gloves, shoulder pads, arm pads and sticks. The girls need gloves, stick, and goggles.

7- What are the different positions for lacrosse?

Coach: Goalie, mid field, attack, and defensemen.

8- Is there a youth lacrosse program in New Paltz?

Coach: Yes for the boys it is grades 4-8. The girls is 5-6 right now.

9- Where can you sign up to play youth lacrosse?

Coach: At the New Paltz Youth Lacrosse Facebook Page you can find the information.

Fun Fact:

On average how fast does a hard throw lacrosse ball travel?

Coach: In college a shot on goal travels 130mph. A passing throw can be 70 –80 mph.

RECIPES

In my family, we bake a special kind of cookie called a "Springler" cookie. They are my grandfather's favorite cookie and my mother bakes them for him every Christmas! He won't share, so we have to sneak cookies right after she bakes them while they are still hot. In order to make these Springlers you need a special rolling pin, which could cost quite a bit of money - from \$100 - \$300. My family inherited the rolling pin from my great-grandmother after she passed.

The recipe below is a simplified version of the Springler cookie - for people who don't have the supplies. It is a drop cookie rather a roll out cookie, but they both taste the same!

By Annsley Fischer

Anise Drop Cookies

6 eggs

2 cups white sugar

½ teaspoon anise oil

1 teaspoon baking powder

4 cups all purpose flour



Beat eggs until very pale color. Add sugar and anise continue to mix for 3-5 minutes. Whisk together flour and baking powder. Add to egg mixture. Mix until well combined. Drop dough by the teaspoon on a well greased and floured pan 1 inch apart. Allow to dry 10 hours or overnight at room temperature. Bake in a 325 preheated oven until light yellow (approximately 10 minutes)

Chocolate Donut Baskets

Ingredients

Chocolate Mini Donut

Peanut Butter or Frosting

Shredded Coconut

Egg Candies

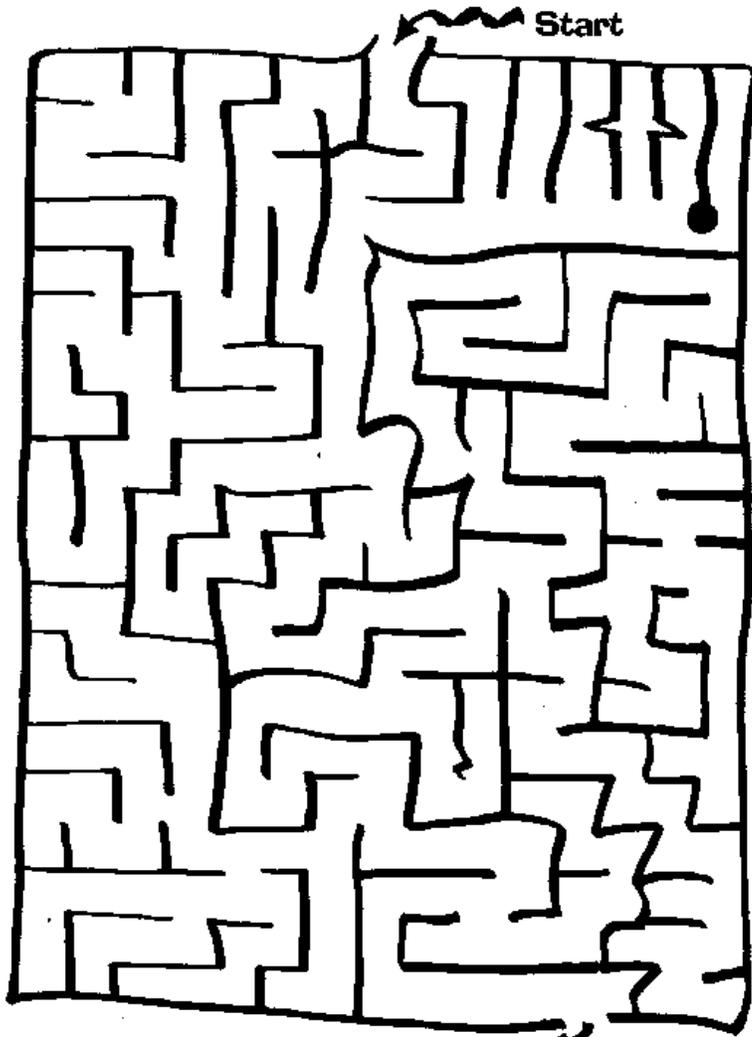
Licorice String



Instructions

Spread a thick amount of peanut butter or frosting on the top of the chocolate donut. Press three egg candies on top of the peanut butter or frosting. Place the shredded coconut into a sealable plastic bag. Stir or shake in drops of green gel food coloring into the bag of coconut until your desired color has been reached. Sprinkle the green coconut grass onto the peanut butter or frosting. Cut a length of licorice string and insert the ends into the sides of the donut. It may be helpful to use a toothpick to poke holes into the sides of the donut to insert the licorice string into.

Can you find your way through the maze?



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Mirror Staff: Anna Adams, Kristie Benel, Emma Clements, Annsley Fischer, Kyle Mast, Davion Mumper, Delia Nocito, Kaitlyn Weirnerman

Advisor: Miss Hughes



School
Word Scramble



Unscramble each group of letters to form a school word.

Why do we have Daylight Saving Time?

The main reason for daylight savings time is to make the most out of daylight as long as possible and save energy. If people are awake during the sun, people will use natural light and turn on their home lights later. Therefore, less electricity will be used.

Daylight Saving Time's potential to save energy comes primarily from its effects on residential lighting, which consumes about **3.5% of electricity** in the United States and Canada. Delaying the nominal time of sunset and sunrise reduces the use of artificial light in the evening and increases it in the morning.

1. PCLIN _____
2. EKDS _____
3. HACRI _____
4. DCOINTAIYR _____
5. TTSE _____
6. OOWEHMKR _____
7. TYSDU _____
8. EANLR _____
9. ECTEHR _____
10. CYSNRAO _____
11. SEDNTU _____
12. RDIAEGN _____
13. WTNIIGR _____
14. LNPEIGSL _____
15. CMEUTPOR _____