

THE MIRROR

New Paltz Middle School Student Newspaper
Edition III Spring 2008

SCHOOL NEWS

Sixth Graders Learn How to Save Lives

By Craig Poskanzer

On Tuesday, April 15, sixth-grade students went to Ulster County Community College to learn CPR. CPR, or Cardio Pulmonary Resuscitation, is used when someone has cardiac arrest. This is when the heart stops and CPR keeps it going long enough for paramedics to arrive and take over the situation.

Students left the school after fourth period, and arrived a half hour later. When students arrived, they sat in an auditorium and answered questions about diet and exercise. They then listened and watched a presenta-

tion by a cardiologist about heart attacks, how they are formed, and some of their symptoms.

Next, students proceeded to the gymnasium where boxes full of Mini Annes® were lined up. A Mini Anne® is a doll on which you can practice CPR. They have clickers in the chest to tell if the person

administering CPR is pushing hard enough to start the heart. They also have mouths into which the person can breathe.

Lastly, the students viewed a 20 minute video on how to properly execute CPR. Students practiced the movements to start the heart and give air on their own Mini Anne®.

Afterwards, the students got to keep their boxes containing a 20-minute video, a CPR booklet, and a Mini Anne® of their very own. Students were told to go home and teach everyone they could.

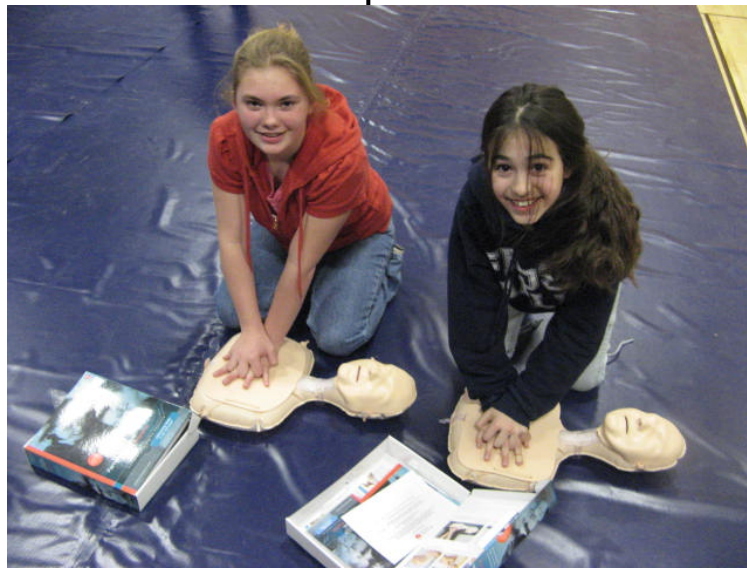


TABLE OF CONTENTS	
News-pp	1- 5
Student thoughts-	6
Fun page-	7
Cartoon-	8



Engineering Day at SUNY

By Matthew Landolfa

On February 20th, a select group of students were chosen to be part of an annual event at SUNY New Paltz. SUNY's "Engineering Day" event invites multiple schools to come and bring students who have an interest in pursuing a career in engineering. Technology teacher, Mr. Pizzarello and science teacher Mr. Melamud accompanied the students.

This event showed the students dozens of opportunities that lie in the many fields of engineering. There were booths set up describing lighting, energy efficiency, construction and computer software and hardware.

The students left on the 20th at the beginning of second period for what was obviously a short ride to SUNY. Once the students arrived, they entered the gym and listened to some of the organizers of the trip talk about what engineering was and how it already affects every part of our lives. Then the students left the gym and made their way across campus to a location where they took part in a little activity. Students were given instructions and assigned the task of assembling a minor chip that would make a pair of aluminum wings vibrate. When the time for the event was over, the students left and walked across campus to the lecture room where they ate their lunch before leaving for the next area.

Finally the students went in to an exhibit room where dozens of stands showing different fields of engineering allowed the students to see what could lie in a career of engineering. The students were from here free to tour the area until their time was over. After the students had been collected and put in a whole group again, they entered the buses for a brief ride home. The students arrived back at the Middle School during eighth period, ending their trip to SUNY New Paltz's Engineering Day 2008.

Rock & Soul

By Ashley Mazzei

Have you ever gone to a live concert? Well some Middle School students sure have. At the Muddy Cup, people went to see the Rock & Soul perform. They sounded like they've practiced a lot!

Mr. Charles Seymour takes the time every year to gather a group of students to play in this band. He picks students out of the school band and anyone can try out to sing in this group. If you stay after school on Mondays and Wednesdays for help with something,

you might hear them practicing.

At the Muddy Cup, this group played seven different songs. These songs are not like today's music, but from a few years back. They have four singers, a brass section, a woodwind section, and a rhythm section. The songs they played are: *Baby I Love You*, *Heat Wave*, *Lonely Teardrops*, *Mustang Sally*, *Sweet Home Chicago*, *Take Me to the River*, and *Rollin' on the River*. The crowd sounded like they loved the performance.

"They performed flawlessly and beautifully," according to Caroline Aurigemma, a sixth grade student at the New Paltz Middle School. Many other people agreed! It was a wonderful concert and the next time they have one, anyone interested should go.



Afterschool Fun!

By Camila Ferguson

A group of middle school girls used to walk to a knitting store every Friday afternoon to knit. After a while, many people joined the party. Fiona Stone, Ms. Sage, and Camila Ferguson created an afterschool activity so that anyone could come!

Now, every Friday after school in Ms. Sage's room, there is a knitting club. People start a major project such as scarves, socks, gloves, and hats. The people in the club don't always knit. Ms. Sage has snacks and drinks. Most people just talk, read, and joke around. There is extra yarn in case they need it or they want to learn to knit. Anyone can join as long as there are arrangements for getting picked up.

Currently, the members are: Fiona Stone, Camila Ferguson, Everett Haddard, Claire McAllister, Jayne Cosh, Alyssandra Crimi, Kayleigh Marshall, and Marcelina*.

Come Join Knitting Club Today!

HEARTWALK

By Kayla Brill

The American Heart Association was started in 1924. It is the nation's oldest and largest voluntary health organization. One of its purposes is to reduce disability and death from diseases of the heart and stroke. These diseases are America's number one and number three killers. Over 870,000 lives a year are lost to these diseases.

The American Heart Association also raises awareness and money to help people live healthier lives. On Saturday, March 8th, a Heart Walk was held at the Vassar College in Poughkeepsie, NY. It was nationally presented by Subway, Healthy Choice and As-traZeneca. It was locally sponsored by Health Quest, MIX 97.7, Radio Disney, 94.3, 97.3 The Wolf, 92.7, 96.9 WRRV, 101.5 WPDH, Daily Freeman, Cablevision, Start, and Taconic Press.

There were three Inspirational Honorees for the walk. They were Michael Soyka, who had a heart problem, Diane Vitarius, who had a stroke, and BJ Boyles, who also had a heart problem. They all survived the problems and shared their stories so other people could be aware of the symptoms and have hope. When you first get there, you have to sign in at a desk. Then you can look at the booths they had around. There were food areas, Ulster Savings Bank, and radio booths.

Our very own Ms. Tripp, from the main office, went there too. We asked her a few questions:
Mirror: How many years did you walk in the heart walk?

Ms. Tripp: This is my second year.

Mirror: Why did you start walking in it?

Ms Tripp: I did it to help people that suffered heart problems.

Welcome to the High School

By Jackie Hart

On February 19th 2008, the eighth graders had an opportunity to meet the ninth-grade teachers and learn about the different topics that are going to be studied in the ninth grade curriculum.

"This helped me so much, and I think it gave me an idea about the high school," said one eighth-grade student. "I think the meeting gave me an opportunity to understand what ninth grade is all about," said another eighth grader.

The school guidance counselors, Ms. Pines and Mrs. Metzger, came to the eighth-grade English

to speak about different electives and required courses such as art classes and Home and Consumer science classes. After these sessions, the eighth grade students have to make a decision as to what classes they want to take next year. For example, you either have to take an art or a music class in order to graduate high school. Many students are looking forward to attending the high school.

Blood Drive

By Jackie Hart

On the 23rd of February, from 10:30 am-400pm a blood drive took place in the the cafeteria.

The jobs available to the eighth grade were to work at the welcome table, scrubs (having to stand outside to get people to donate), registration table, escort, and managing the snack table. There were also other blood drive jobs that people did before or after the blood drive.

The goal for the amount of pints to be collected was 80 pints and unfortunately only 77 pints were donated which included double red cell donations. Also 88 people registered to donate a pint of blood and only 77 people got to donate. Thanks to everyone who made this blood drive possible.

MEDEIVAL TIMES

By Kylie Donohue

On April 1st and April 2nd the 6th graders



went to Medieval Times in New Jersey. At Medieval Times, the sixth-graders ate, bought souvenirs, and watched knights joust.

Haley Kwak, a New Paltz Middle School student says, "It was amazing to see the jousting before my own eyes. It was an awesome trip!" Many stu-

dents agreed.

Some souvenirs that students could buy at Medieval Times were: princess hats, shields, swords, and many more things.

Kristia Thomsen says, "The Medieval Times trip was probably the most fun trip for 6th graders."

Step-Up Breakfast



On April 8, students were recognized for outstanding achievement at a breakfast in their honor. Parents and teachers attended. Mr. Poskanzer, president of SUNY New Paltz, was the guest speaker. The event was organized by Ms. Pines and the Step-Up Committee.

Congratulations to the following students who were recognized: Charleen Benson, Matthew Bowen, Heather Brinkman, Hannah Clearwater, Deja Clement, Ashley Cotelli, Austin Davoren, Joshua DeJoy, Benjamin Denno, Salvatore DeQuarto, Darcy Dodson, Ryan Drosdowich, Maya Goldman, Gianni Ingenio, John Kane Lee, Tyler Krayewsky, Maris Logan, Christopher Mazzei, Alfredo Mazzuca, Brock McKenna, Valerie Mele, Aneasa Nugent, Dylan Rauch, Jeffrey Rizza, Matthew Shand, Sion Song, David Smith, and Nielcen Saint-Jean.

ART CLUB

By Sydney Bagley

Art club is a club that takes place in room 36 (art room) every Monday after school. The teacher that hosts art club is Mrs. Sturgis, the art teacher. Art club welcomes sixth, seventh and eighth grade students. If you like to do fun art projects and go on exciting art field trips, then art club is the place for you.

The students in art club do a new project about every two weeks or more. In art club, the students work with all kinds and types of art, such as beads, hem bracelets, tie dye, metal pieces and some times cheesy

art club day. Cheesy art club day means that club members can do whatever they want in art club.

So far art club members have gone on two field trips this year. They went to the Ulster County bank on Route 299 to see the sixth grade African clay pieces that were on display. They also had a booth at the Lenape winter carnival. Art club students went to the Lenape winter carnival because art club members were asked to do a booth at Lenape.

When you are in the mood to do art projects, art club is waiting for you every Monday in room 36.

Morning Movers

By Caroline Aurigemma

Morning Movers is a program in which students at the middle school exercise every morning before school begins and during homeroom. Ms. Metzger, the Middle School's guidance counselor, organized this activity. Coach O'Sullivan and Coach Vance help out too.

Students do different activities based on the weather. Students walk the track in good weather. Students are walking the USA. They keep track of the miles walked and plan where in the USA they want to walk next.

Students also play dodge ball or basketball in the gym.

These are really fun meetings to go to and they really start your day out great! Join today! Go to Ms. Metzger and ask for a permission slip. It's really fun!

Washington D.C.

By Matthew Landolfa

On April 9, 2008, New Paltz Middle School had its eighth graders up bright and early for yet another unique New Paltz trip. They were on their way to Washington D.C., the nation's capital, for the annual trip. Because Washington is about 5 and a half hours away, the students arrived at the school at 5:45 am that day for their extra long trip. This year was sure to be just as interesting.

Once the students finally reached their destination, they unloaded at the Ronald Reagan building for their lunch. Afterward, they went to the Capitol Building for that well-known picture taken of the entire grade every year. After that, the grade went to the Arlington National Cemetery where the students observed the graves of some famous Americans like

John F. Kennedy, Robert Kennedy, and several others. The visit also included watching the changing of the guard at the Tomb of the Unknown Soldier. After that the students went to the Red Roof Inn, and got situated in their rooms before going for dinner and observing the famous Washington monuments like the Lincoln Monument, and the war memorials.

On their second day in D.C., the students of New Paltz Middle School got to do a number of activities. They started out the day with breakfast at the Un-



ion Station Food court; from there they visited the White House, and moved on to the Smithsonian Institute where their individual groups toured the various museums, seeing the interesting things these museums exhibit.

The students all had lunch in their groups and then met up with the whole grade to walk over to the Holocaust Museum for a small tour.

Finally that day, the students went back to the hotel, got in their swimsuits and left for dinner at the Crystal Food court and swimming at the Lee District Pool.

On New Paltz's last day in Washington D.C., students packed up their suitcases, loaded them onto the buses and left the hotel for their last place they were to visit in D.C. The students arrived at the National Zoological Park and were free to tour the park with their groups. The students had a variety of places to visit, like the panda exhibit or the mammal exhibit, or any other of the park's great exhibits. The grade met back up and got on the buses for the long ride back up to New York.

Book Reviews

Voices of Silence

By Caroline Aurigemma

Voices of Silence by Bel Mooney is a book about a girl named Flora who has to face a really harsh time in Romania. The year is 1989 and people in Romania who were poor have to stand in lines for food, and if they get fruit or soap, they celebrate.

Flora's mother was Mama and Flora's dad was Tata. Her friend Alys takes her to the places where the dictator Ceausescu speaks about his plans and how he thinks he is doing the right thing for them. Flora has a rough time being herself and has to pick carefully which friend she wants to be with. There is security everywhere when the government finds out what Flora's dad is doing. Can Flora keep her family's secrets or do they all have to pay the price?

Read this book if you are into history and drama. I guarantee that you will love this book.

Ranger's Apprentice

By Evan Pallor

Book 1: *The Ruins of Gorlan* by John Flanagan

This book starts off with the main character Will, an orphaned child of 15. He is a ward in the castle Redmont (Red Mountain) and is about to participate in the choosing day, which is a day when all the 15 year-old wards get chosen by a craftmaster to be an apprentice. Will's long-time enemy gets accepted into battleschool, which is where all the knights of the realm are trained.

When Will requests admittance into it, however, he is told that he didn't have the right build for the rough and tumble of battleschool. Among the craftmasters is Halt the ranger, a mysterious character who is believed by the common folk to use black magic. He gives the Baron (who is named Arald) a piece of paper, a paper that Will absolutely must see. That night Will sneaks into the Baron's room and discovers something that is to change the course of his life. He is to be Halt's apprentice, but he has no idea what that means.

Later he is sent to track the vicious beasts known as the Kalkara, and his first true adventure has begun.



Student Thoughts

Fashion Review Feedback

By Haley Kwak and Dakota Reinike

In the Mirror's winter addition, there were two articles about fashion. Now you can learn the feedback from kids around the school!

P.S. Some of the letters we couldn't put in because of no names! But we read them all and posted as many as possible. We welcome comments from our readers. Just address your remarks to the editor and sign your full name. It would also be helpful to include your grade.

To the editor of The Mirror:

You shouldn't write the "hot or not" list because some people can't shop at the stores that you guys say are "hot" and that can make people upset. If they can't shop at lets say Abercrombie and Fitch and they have to shop at Wal-Mart because that's what their parents can afford, you shouldn't make them feel bad by writing this "hot and not" list.

Elena Yess

To the Editor:

This list is a bad idea because some people wear the "not" stuff. This list could make people feel bad, or people that don't have enough money for clothes like Abercrombie and Fitch or am. Eagle or Hollister. This could hurt people's feelings.

Also it says don't wear too long skirts. Meanwhile, we have to because of the dress code. Mini skirts with leggings are so hot. This is a stupid list. Who are they to tell us what's hot or not? It tells us to be different, meanwhile, they tell us not to wear certain things. High boots are not hot! Not like I'm going to listen to this but this is an outrage. I like things from all categories! You shouldn't let 2 kids decide what's hot and what's not!

Gabrielle Depuy

To the Editor:

I don't think the article **Hot or Not** should have been in the mirror. Many places that I shop at are in the categories **between** or **not lists**. Sears, Macy's and Kohls. Have many varieties of clothing that look

very good on me and other people. Everyone has different tastes for fashion because everyone is different. What if every kid couldn't afford clothing at the stores that were listed on the **hot** list? Let everyone shop where they want to shop at the expensive and "hot" stores. Anyway, this fashion will fade away like the ones in the past. Maybe, in the future, clothing that are on the **Between** or **Not** lists may become the new style. Who knows?

Hannah Clearwater

To the Editor:

What you said in the hot and not list is very offending to most people. If you were going to do that ,at least get an entire poll of the school's opinion. Elmo is not hot, and so is Zac Efron (Vanessa Hudgens can stay in the NOT list). One girl's opinion on your ideas is that it looks like your "hot" ideas came from an 80's wardrobe! If you guys haven't noticed, many 8th grade girls don't wear colored pants and/or can't afford to shop at American Eagle. They shop at Wal-Mart. You guys really need to take into consideration the opinions of others.

Jackie Hart

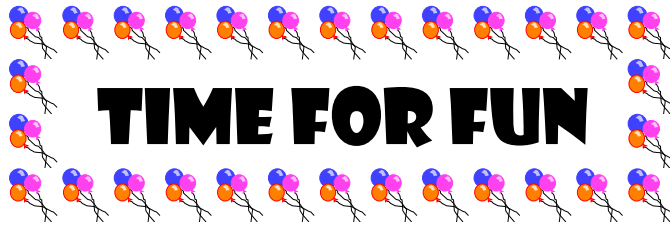
These are some of the letters that help people express how they feel about the **hot and not list** and other fashion articles. We appreciate all the people who wrote (or typed) a letter to express how they feel. And we thank you all for your honest opinions. Again we are sorry that we could not put in all of the other letters because of no names, but we read all of them and appreciated the time you took to write us a letter!!!

~☺~

Spring

By Caroline Aurigemma

Seeds to plant
Puddles to play in
Rain
Intricate sounds
Never greater
Good days!!



TIME FOR FUN

BIRDS

Unscramble the following letters to find the birds. Then use the letters in the circles to make another bird (Answer).

W O L



W S N A



A L E G E



W K H A



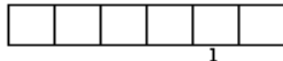
Answer



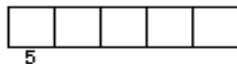
Spring Features!

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

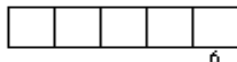
NPRIGS



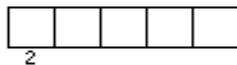
RASGS



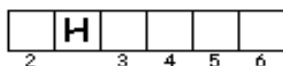
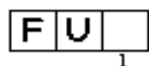
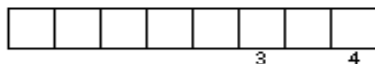
BIDSR



EETRS



COVAINAT



Answers on page 8

JOKES

Why did monkeys fall from the sky?

It was Ape-ril showers!

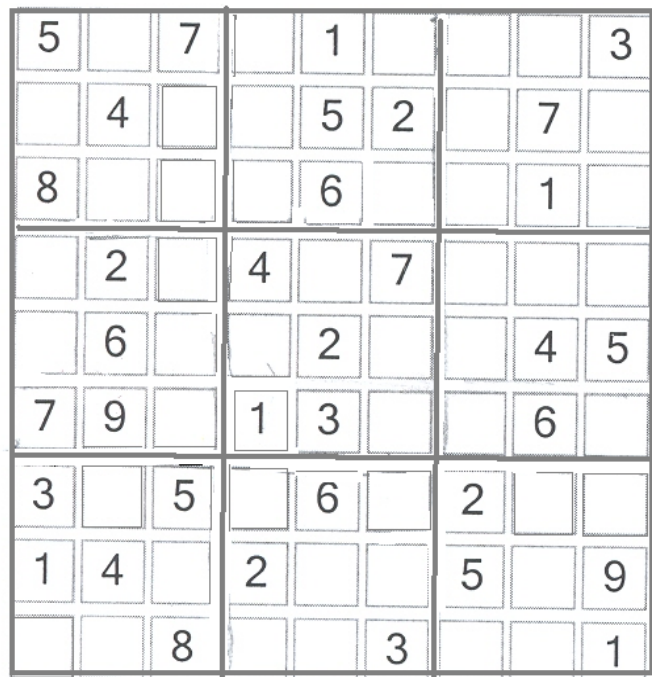
Why did the boy throw butter out the window?

To see the butter fly!

Spring Word Search

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

AIR TWEET SCHOOL FRIENDS BUG
 BEES SUN NEW FRESH
 BIRDS SPRING LOVE FLOWERS
 BLUE SOUNDS GREEN FAMILY
 BRIGHT SONG GRASS CARING



FROM: FREE ONLINE SuDoKu PUZZLE CREATOR



The Mirror Staff

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A special thanks to Fran Lamb for all of her help and computer expertise and Jeff Lipton for his editing skills.

***Important:** If your club, organization or sports team is having an upcoming event, please let a Mirror staff member know so that he or she can cover the event.

Meetings for *The Mirror* are held once a week in room 3. !!

You can also read The Mirror online at www.newpaltz.k12.ny.us/middleschool.

Answers to word jumble:
owl, swan, eagle, hawk, swallow

Spring, grass, birds, trees, vacation, Fun Things