

# The Franko-Santamour Advance

Issue 1 ~ March 8, 2010



Kyle Scala provides an example of sneezing without covering his mouth at all! This is not a good thing to do.

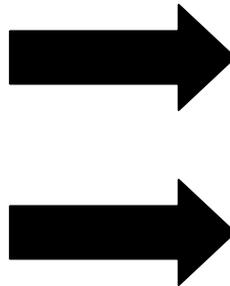


Brittany Noble is shown above coughing directly into her hands. Imagine the germs she will be spreading!

## Don't Let Germs Fly

By: Breanna Halter

When you are around others and you feel a sneeze or cough coming on do not let the germs fly. Some people just automatically cover their mouth with their hands, but that has to be the worst thing to do (other than letting the germs fly all over the place.) You have to cover your sneeze or cough with your sleeve to keep germs and viruses from spreading. If you prefer not to sneeze or cough in your sleeve, be sure to use a tissue. So to prevent colds and viruses from spreading, cover your mouth with a tissue or your sleeve, just don't let your germs fly or put them in



Carli Kalinoski shows the proper way to cover a cough or sneeze.

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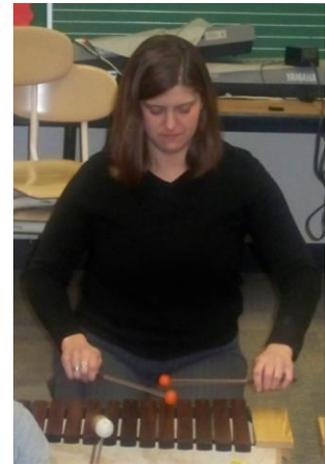
# Interviews

## WHY THEY'RE SPECIAL...

On February 17, 2010, we interviewed the special teachers about their jobs and their equipment. We selected them because we believed they would have valuable information to share about their unique positions at our school. We asked five simple questions to each special teacher. You can find their answers below.

***How do you feel about your equipment?***

- Mrs. Schrader: "It is pretty good, I couldn't ask for much more."
- Mrs. Nieratko: "The district is very good with getting my equipment."
- Miss MacDade: "I have great equipment and am very happy with it."
- Mrs. Stuble: "My stuff is fabulous!"
- Mrs. Cali: "I love them, but would like to have new books."
- Ms. Burdett: "I am very lucky to have such good equipment."



***How often would you like your equipment renewed?***

- Mrs. Schrader: "Once they get out of shape."
- Mrs. Nieratko: "With most instruments even ten years."
- Miss MacDade: "Every year, but some of my equipment lasts forever."
- Mrs. Stuble: "Whenever it wears out."
- Mrs. Cali: "My dream would be to get new books every week."
- Ms. Burdett: "It depends on the instrument."

***What do you like most about your job?***

- Mrs. Schrader: "Working with kids and the different age groups."
- Mrs. Nieratko: "Working with the kids."
- Miss MacDade: "The kids and the freedom to run around and play."
- Mrs. Stuble: "The kids."
- Mrs. Cali: "I love when the students get excited about a book they read."
- Ms. Burdett: "I like to teach chorus, make the kids feel good about their work and I like putting on a show."



# Interviews

## WHY THEY'RE SPECIAL...



### *Why did you want to be a teacher?*

Mrs. Schrader: "I enjoy seeing kids learn."

Mrs. Nieratko: "I wanted to share my love of music."

Miss MacDade: "I always loved sports."

Mrs. Stuble: "I love to be messy."

Mrs. Cali: "I love children and books."

Ms. Burdett: "I love music and some of the best times of my life had to do with music."

### *What would you say to a newcomer entering this field?*

Mrs. Schrader: "Keep on your toes and always be prepared."

Mrs. Nieratko: "They need to be well prepared, patient and must be able to reach all learners."

Miss MacDade: "It is the best job anyone could pick."

Mrs. Stuble: "You need to have a lot of patience."

Mrs. Cali: "You need to be flexible, and have fun because no two days are alike and read as many books in your library as you can."

Ms. Burdett: "Make sure your administrators know how important music is and not to let them cut it."



As you can see each special teacher provides us with varying learning experiences. Even though the subject they teach is different the value of what we receive in their classroom is the same. Through art, gym, music, computer, and library, we are exposed to very good teachers that share their passion with us.

Interviews conducted by Carli Kalinoski, Jacob Richmond, and Steven Scoiscia.

Photographs taken by Gabrielle Samscock.

# Issues

## SURVEYS

By: Colt Clark

My surveys are about lunch issues we have in this school. They are not the biggest issues, but for some students it is a big issue. For example, first through third grade students want salad bar. Some students don't like milk or are lactose intolerant. In my survey I included questions about salad bar and drink choices. I surveyed my sixth grade homeroom. Let's see the results...

### *What kind of milk do you drink?*

- **Chocolate:** 10
- **Regular:** 7
- **Skim:** 0

### *Should salad bar be available to all grades?*

- **Yes:** 10
- **No:** 10

### *Do you think the school lunches should change?*

- **Yes:** 15
- **No:** 1
- **Some of them:** 4

### *Should there be more choice of drinks?*

- **Yes:** 17
- **No:** 0

In conclusion, most kids want new lunches. Half of my class wants younger kids to have salad bar, the other half does not. For survey one a lot like chocolate milk. On the fourth survey it was determined that the drink choice should change. Those are the results from my survey.

## SCHOOL FOOD GETS BOOED

By: Cal Srebro

Part of the school says school lunches should be changed which includes fresher foods, more filling foods, and possibly seconds. Lunch is served and students want more but are not allowed to get seconds, which is a problem. Portions are too small. It makes no sense that a kindergartener and a sixth grader are given the same portions of food. To continue, all school foods are frozen which is a health problem. The food has high calories, carbohydrates, and fat.

Now, we need to talk about the drinks. The milk has no taste and the chocolate milk mostly doesn't have a chocolate taste. Also, some people are lactose intolerant and they can't drink milk. We need to have more choices for drinks such as water and juice.



We need more choice for drink, such as juice or water.

Sure we have juice for breakfast, but people drink juice for lunch and dinner too. Sometimes, people just like to drink water to quench their thirst. To add on, we used to have Lehigh Valley Milk instead of Schneider Farm Milk. We need to bring back the Lehigh Valley Milk because most people think it tastes so much better. In conclusion, there are many changes that should be made about the school lunches.



# Lifestyle

## Horoscopes

By: Maxwell Sampson and Evan Kongvold

A horoscope is daily advice to help you with your life. A horoscope can help you out a lot and sometimes it can make you worry. If you are looking for good advice, we recommend you read a horoscope. Locate yours below by finding the dates that your birthday falls between.

**ARIES** (March 21-April 19): Use your words wisely or you will lose your friends.

**TAURUS** (April 20-May 20): Work hard in school and earn the reward later.

**GEMINI** (May 21-June 21): Be nice to other people and you will earn their friendship.

**CANCER** (June 22-July 22): Always wash your hands or you will pay the price.

**LEO** (July 23-August 22): The stars are aligned for you. Good fortune is in your grasp.

**VIRGO** (August 23-September 22): Don't cheat or someone will find out sooner or later.

**LIBRA** (September 23-October 23): Always try to find good in others.

**SCORPIO** (October 24-November 21): Participate in charity and people will know you are charitable.

**SAGITTARIUS** (November 22-December 21): Stay in school and you will achieve great things in life.

**CAPRICORN** (December 22-January 19): Don't care about what people think of you, just go on without listening.

**AQUARIUS** (January 20-February 18): Be patient or your life will move too fast.

**PISCES** (February 19-March 20): Talk to your friends or they won't hang out with you.

## Hints from Hunter

**Dear Hunter,**

I am being bullied on the playground. A couple of my classmates are being very mean to me. What should I do?

**~Bullied and Scared**



Columnist, Hunter Sherwood

**Dear Bullied and Scared,**

If you are getting bullied you should walk away and tell a teacher. Avoid clothes and actions that make you the target. Bullies want power and control. Believe in yourself; don't believe what the bully tells you. Don't ever fight a bully; it will just make it worse. I hope things get better for you.

**~Hunter**

**Dear Hunter,**

My grades are going down. What should I do to get them back to where they should be?

**~Trying For a "B" but Has a "C"**

**Dear Trying For a "B" But Has a "C",**

If your grades are falling you should try studying. If that doesn't work, talk to your parents about getting a tutor or about other methods for studying that you may not know about. If what your doing isn't working, talk to your teacher and try something else. Good luck!!

**~Hunter**

**Dear Hunter,**

I am addicted to cheese. It is all I want to eat. Do you have any advice that might help me?

**~Becoming a Mouse**

**Dear Becoming a Mouse,**

If you are addicted to a certain food you should try not to eat it. If you can't stop eating it, try eating something different with it each time you eat it. For example, eat grilled cheese or cheese, pepperoni and crackers instead of just cheese. You may find something else you like! I'm sure you will learn to eat other foods.

**~Hunter**

# Health

## Going Crazy

By: Melissa Russell

Extracurricular activities, homework, the school day these are all factors that contribute to the stress of kids our age. Kids are so stressed they often just give up. Rather than quitting or becoming frustrated there are ways to relieve stress. Below are some stress relievers that work for me or that I would advise you to use if you are stressed.



- Scream into your pillow
- Take deep breaths
- Roll your eyes
- Go to sleep
- Talk it over
- Picture a happy place
- Close your eyes and count to ten



So please if you are under stress don't take it out on other people, try one of the options listed above. If none of the above seem to work, take the time to look for something that will work for you!

## Heavy Backpacks: A Real Pain in the Back

By: Breanna Halter and Melissa Russell

Does your backpack weigh too much? Elementary students complain of back pain too often and we are trying to stop that. At the end of the day we weighed the backpacks of fourth, fifth and sixth grade students to research the weights and find out if they are too heavy. The average weight of a sixth grader's backpack should be 7-8 pounds, a fifth grader's should be 5-6 pounds and a fourth grader's should weigh 4-5 pounds. With this information in mind, we weighed and averaged the backpacks of students in three homerooms. The results were shocking. The average weight of a sixth graders' backpack was 13 pounds, the fifth graders' was 14 pounds, and the fourth graders' was 9 pounds. We think students should stop and ask themselves if they really need to be carrying everything they have in their backpack or is there a way to cut down on the amount of stuff?!?!?!



# Sports

## *The Winter Olympics*

By: Shamus Waters

The Winter Olympics took place from February 12-28, 2010 in Vancouver, Canada. Twenty-four countries, including the United States, Canada, China, Norway and Germany, took place in these historical games. There were fifteen different events ranging from ice hockey to bobsledding. There were events for both men and women. The athletes competed for gold, silver, and bronze medals in all categories. During the Olympic Games, the United States broke the record of most medals won in a single day by winning six medals in one day. Eight-time medalist Apolo Ohno now has the most personal medals in the history of the Winter Olympics. The closing ceremonies took place on February 28, 2010. The countries that brought home the most medals were the United States, Germany and Canada. Their final medal counts can be found below.

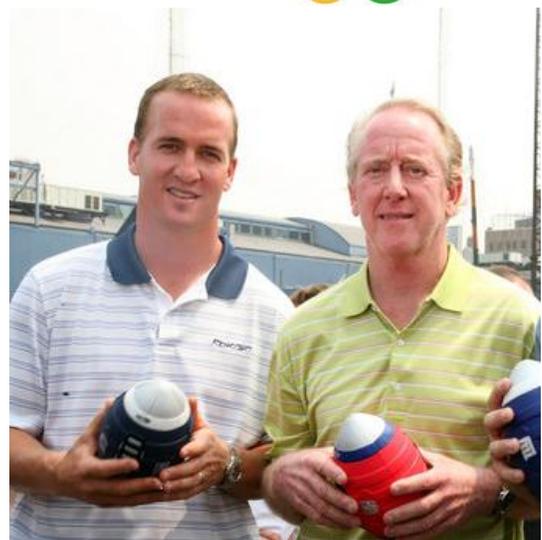
	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total</b>
<b>1. 🇺🇸 United States</b>	<b>9</b>	<b>15</b>	<b>13</b>	<b>37</b>
<b>2. 🇩🇪 Germany</b>	<b>10</b>	<b>13</b>	<b>7</b>	<b>30</b>
<b>3. 🇨🇦 Canada</b>	<b>14</b>	<b>7</b>	<b>5</b>	<b>26</b>



## *The Manning Super Bowl Drama*

By: Robert Buck

Archie Manning watched his son Peyton Manning play against his old team the New Orleans Saints in the Super Bowl. The Saints won 31-17. Archie Manning probably felt sad, but happy for his old team. It was the Saints first time in the Super Bowl and the first time they won 13 straight games and the NFC Championship. When Archie was watching from a luxury box, as soon as Peyton threw an interception at the end of the game, Archie must have felt sad about Peyton's loss.



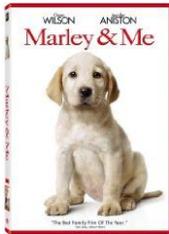
Peyton and Archie Manning

# Movie Reviews/Lunch

## MARLEY AND ME

By: Brittany Noble

I give this movie five stars because it had a lot of feelings to it. It was sad and happy. I recommend this movie to anyone that can take sad movies. This movie includes



a dog and his family. The dog isn't just a dog, it's one of the kids. The dog's name is Marley. He has problems with chewing the couch. When they need a new house Marley jumps in a pool. He has a fear of thunderstorms. He likes spilling his food. His owners took him to a trainer, but they got banned because he tackled the trainer. The family almost got rid of Marley, but like I said, he's like a kid. Would you get rid of a kid because they did something wrong? The family stayed together until...

## LEMONY SNICKETS

### A SERIES OF UNFORTUNATE EVENTS

By: Ocean Roberts

Lemony Snickets A Series of Unfortunate Events is about three children whose parents die in a fire. After their parents pass away they must go live with their uncle. Their uncle is horrible to them so they go to live with other family members, but each time something goes wrong making it so they have to go back to their uncle. Their uncle wants the inheritance the children received from the death of their parents so badly he is willing to do anything. He even has the children put on a play in which he marries the oldest girl, Violet. Their brother sabotages the play, but the unusual circumstances do not end there. I would give this movie five stars and recommend it to my friends.

## \*Lunch\*

3/8/10: Stuffed crust pizza, raw veggie bites with ranch dip, crispy potato puffs, and fresh fruit variety.

3/9/10: Tomato soup, grilled cheese sandwich, crunchy carrot and celery sticks, chips, pretzels or popcorn, and gummy worm applesauce.

3/10/10: Diced chicken and gravy served with biscuit, glazed baby carrots, m&m or sugar cookie, chilled pear slices.

3/11/10: Build your own tacos—seasoned meat, cheese, lettuce, potatoes, and salsa, soft tortilla or taco, warm fruit churro, fresh fruit variety.

\*Alternates: PB&J, tuna, boloney/cheese or hot dog on bun

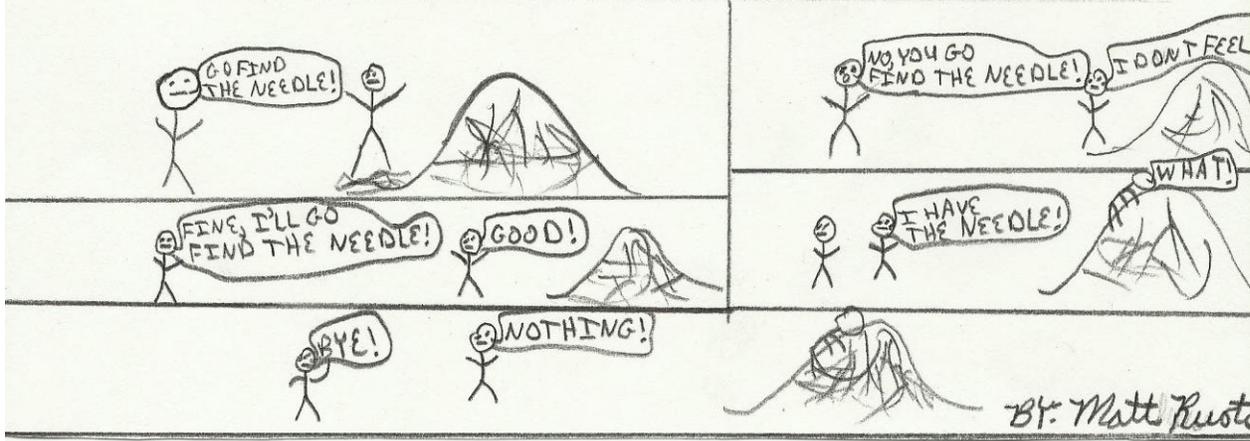
# Comics

## DAYS OFF...



BY: DORIE PENNY

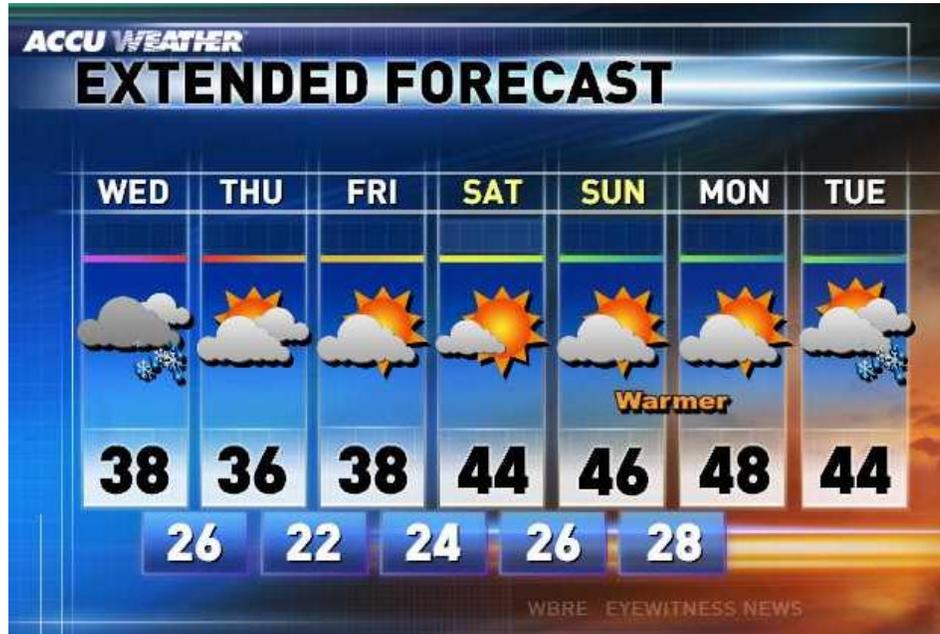
## THE HAYSTACK AND THE NEEDLE



BY: Matt Russo

# Weather

The weather for March 3, 2010-March 9, 2010, retrieved by Kyle Scala from accuweather.com.



## Shaking Up Terror

By: Tara Munley

Haitians are in crisis after the 7.0 earthquake hit Haiti on Tuesday, January 12, 2010. A least fifty two aftershocks measuring 4.5 or greater have been recorded. There are 230,000 citizens in Haiti confirmed dead, an estimated 300,000 injured and approximately 1,000,000 homeless. Even before the earthquake occurred the Haitians were in the poor and many children were slaves. Haitians now live in precarious camps. Tens of thousands of people are buried in mass graves and some are still dead lying on the streets. Our school helped raise money for those struck by this natural disaster, by running a “No Collar for a Dollar Day.” Hopefully our donations made a difference.



Photographs of the destruction in Haiti.

# Lost and Found/Art

**Birthstone ring:** If you have lost a birthstone ring please contact Emily Purdy, sixth grade, Mrs. Franko's class. You will need to identify the month of the stone and describe the ring.

**Earring:** If you are missing the earring pictured to the right, please contact Emily Purdy, sixth grade, Mrs. Franko's class.

**Mammal ring:** A ring with a mammal design. Contact Emily Purdy, sixth grade Mrs. Franko's class with a description of the ring.

