



## ACE team finishes third with first-place effort



**NLMS's ACE Team finished strong and landed the third-place trophy. Mrs. Lieberman is the team's advisor. From left to right: Gavin Kemery, Noah Freudenberger, Israel Moore, Zach Rex, Nick Roth and Zach Moore-Ohlson.**

By Gavin Kemery

*Team 8*

Northern Lehigh Middle School's ACE Team has gone on a long journey and Noah Freudenberger, Zach Rex, Zack Ohlson, Nick Roth, Gavin Kemery

and Israel Moore would agree.

After practicing once and sometimes twice a week, the ACE Team quickly leaped into the competition as prepared as we possibly could be.

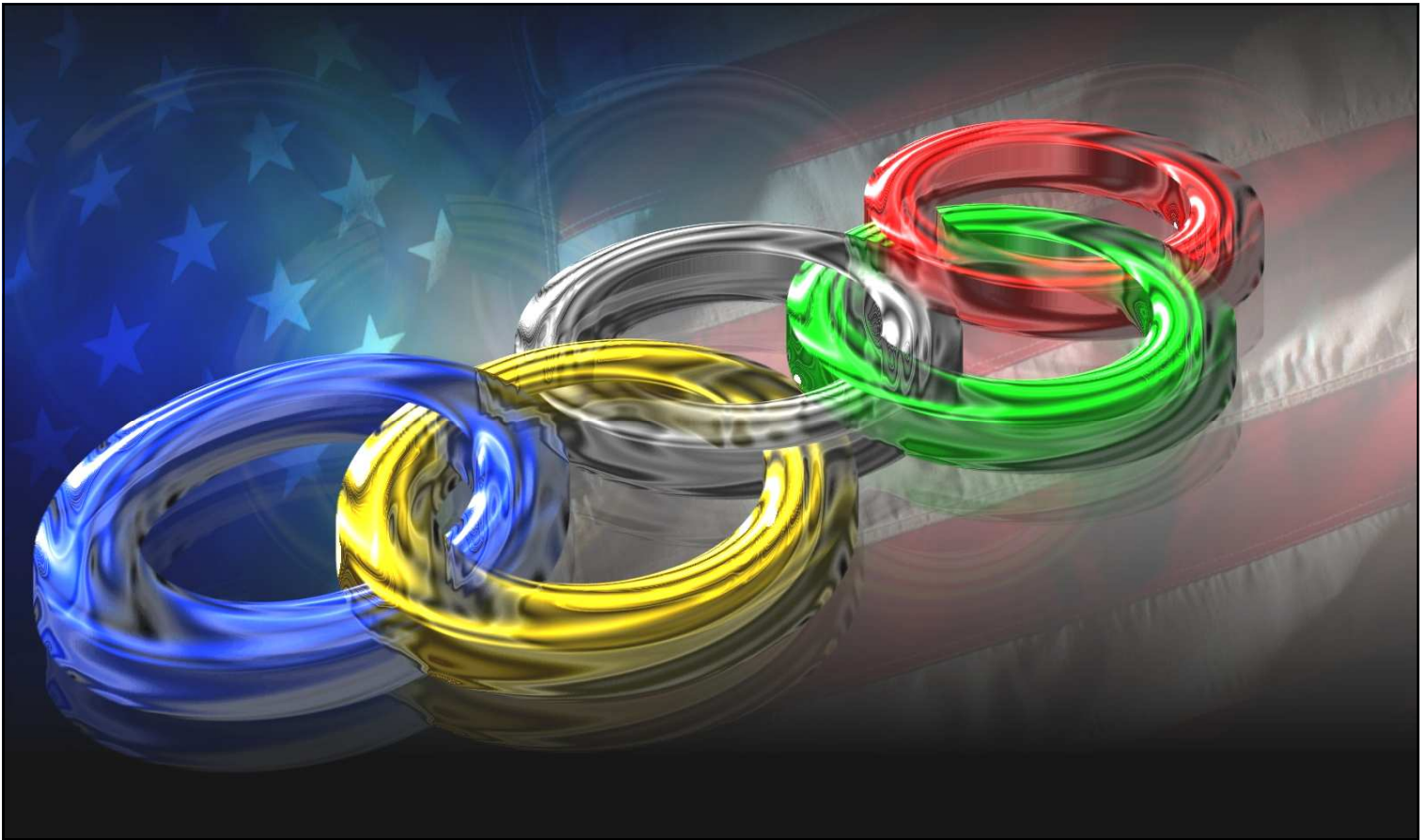
We started off against Panther Valley, which was almost a

warm-up.

We ended triumphantly with shock in the crowd's faces, for they didn't expect such a small school as Northern Lehigh to be victorious.

**See ACE, page 2**

# Olympic Dreams are on the horizon



**“Olympic Dreams” is the theme for this year’s Senior Prom that is organized by National Junior Honor Society. Find out more on page 5.**

## ACE team’s journey travels far

### ACE, from page 1

We were most proud of our performance.

The next match was against Palmerton who had won their first match. They didn’t look that difficult until we competed against them. Although we were prepared, they still came out on top.

We pummeled Tamaqua, which was one of the better teams and pushed past the final elimina-

tion match against Lehigh.

There was some sympathy watching the teams, one by one, exit the auditorium but we (for the first time in Northern Lehigh history) were going to the ACE competition finals the very next week.

We fit in another practice the day after the final rounds and continued our training. We went to the finals on Tuesday, March 6, 2012, and faced Northwestern Lehigh. The loser would be elimi-

nated from the competition. It was a very close match, going back and forth.

The final score of the match ended in a tie! The judges had not dealt with a tie in a while so they had to read up on the rules.

Northwestern wound up beating us by achieving the three points needed. It was the end of a long run but pride in our team will most assuredly continue.

We all received plaques and a massive third-place trophy.

# 'Cool' is not on the list of ingredients

*Cigarettes contain much more than just nicotine and possible cancer*

By Meghan Miller-Brown

*Team 8*

As a bunch of people come up to you with a cigarette asking you to join them, think twice before you give your answer. Do you really know what is in it? Do you know what you will be letting into your body if you give in? Do you know what it can do to your body? Do you know the facts?

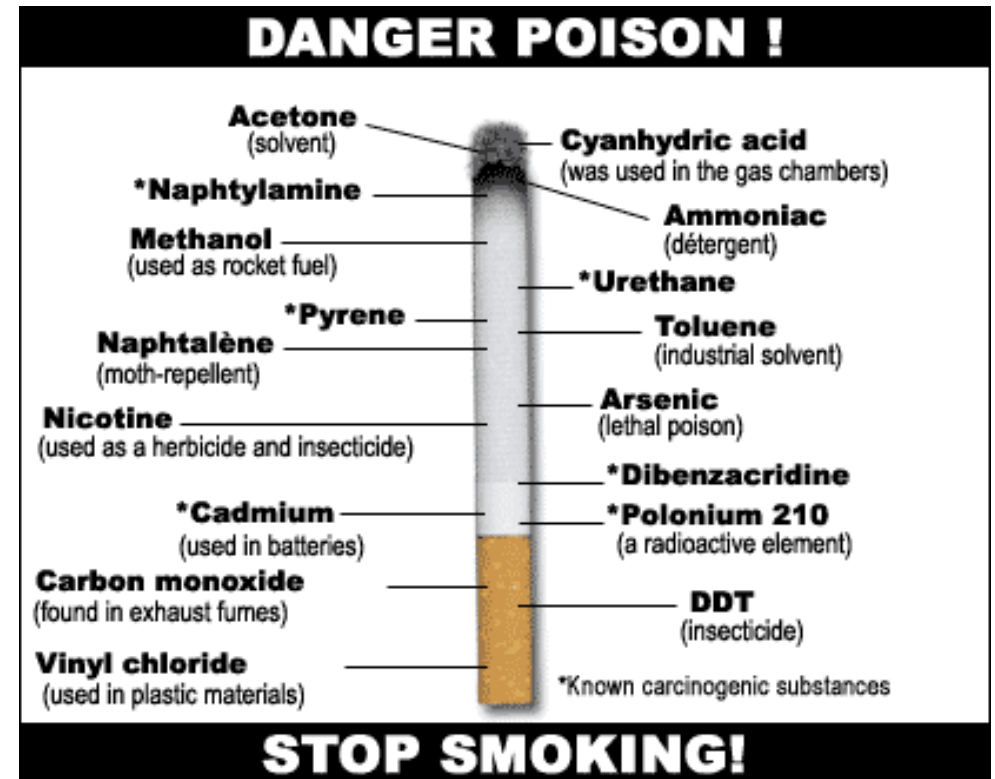
There are more than 4,000 chemicals in tobacco smoke. At least 68 of those are known to cause cancer. Let's think for a moment. Who wants to have cancer? I certainly don't.

Well, if you smoke, you are letting dangerous and cancerous chemicals into your body.

Let's look at some commonly known items that are in cigarettes.

There is paint, rocket fuel, carbon monoxide (weren't we taught that was toxic?), arsenic (a poison), methane (sewage gas), vinegar, lighter fluid, batteries, candle wax, barbecue lighter, insecticides, and toilet cleaner. Personally, I would not want these in my body. And I would think you wouldn't either.

According to the CDC, smoking affects every organ in the body. One in every five deaths is due to smoking. That is equal to 20% of the United States' deaths. They also said that more deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol



use, motor vehicle injuries, suicides and murders combined.

Smoking also improves our chances of getting cancer by around 20 times! It also leads to coronary heart disease, strokes, and lung and heart diseases, which eventually lead to death.

So obviously, we know smoking kills. Besides killing, it leads to other gross appearances. Smokers usually have yellow teeth, bad breath and they smell of smoke, too.

If I were you, I would not want any of those features. So why even take a chance with one cigarette? You may say, "Oh, one won't do any harm!" Yes, it will. With one cigarette, you can get addicted and want more and more.

The chemical in cigarettes that is addicting is called nicotine. It gives us a feeling of alertness and calmness. The issue is that it isn't stored in the body. It only is for a few minutes so our body just wants more and more.

If we take nicotine long enough, our brains will lower our natural mood.

Therefore, we will need to smoke just to stay in our normal state.

Some people can't even go a few hours without smoking and refrain from getting depressed. So, just that one cigarette can make all the difference in the world.

Let's hear what some of your

**See Smoke, on page 4**



# NLMS lends many hearts in 'homeless' campaign

By Tayler Crotsley  
Team 7

Everyone involved with Northern Lehigh Middle School was able to participate in a community-service project in February called "Have a Heart for the Homeless." The man who came to speak to both grades about the project was Mr. "Rooster" Valentini, who works with the Allentown School District in getting help to students and their families who have become homeless for various reasons.

Most kids look forward to coming to school because it is the only time they might get a hot meal and someone to notice them.



In Mr. Barnes' English class, we read a book called "Monkey Island," about a homeless 11-year-old boy who has to survive on the streets of New York City.

Mr. Barnes said, "Strangers helping strangers is a beautiful thing."

Donations that were collected each day throughout February were school supplies (pencils, binders, erasers, pens, folders, etc.) and bathroom products (toothpaste, toothbrushes, soap, deodorant, etc.).

Mr. Valentini will personally deliver the items to the homeless families – some of which come from the Northern Lehigh area at times.

Mr. Barnes added, "A huge thank-you to everyone who gave a little or a lot to this great cause. Someone out there will have a better morning, afternoon or night because of you."

## More than nicotine goes into your lungs

### Smoke, from page 3

fellow students have to say about smoking.

"It's bad and can ruin your life by doing it and then die," Abby Obenski said. Israel Moore said, "Smoking is bad! Smoking is a horrible, preventable killer. Kids our age and even younger are beginning to ruin their lives by smoking! What's the benefit of smoking when there are so many negative effects? Cancers, bad breath, gross teeth, addiction! It's just wrong!"

So, you have seen what is in cigarettes. You have seen what it can do to your body. You have seen what just one can do. And you have seen what your classmates have to think of it, too.

My goal was to change the way you think about smoking and when that gang comes up to you and offers you one, you say *no* and walk away. Maybe even tell them a thing or two about what they are inhaling. I hope you learned a little from this and I hope that it will make a difference on the death tolls due to smoking.



# Senior Prom dreams of the Olympics

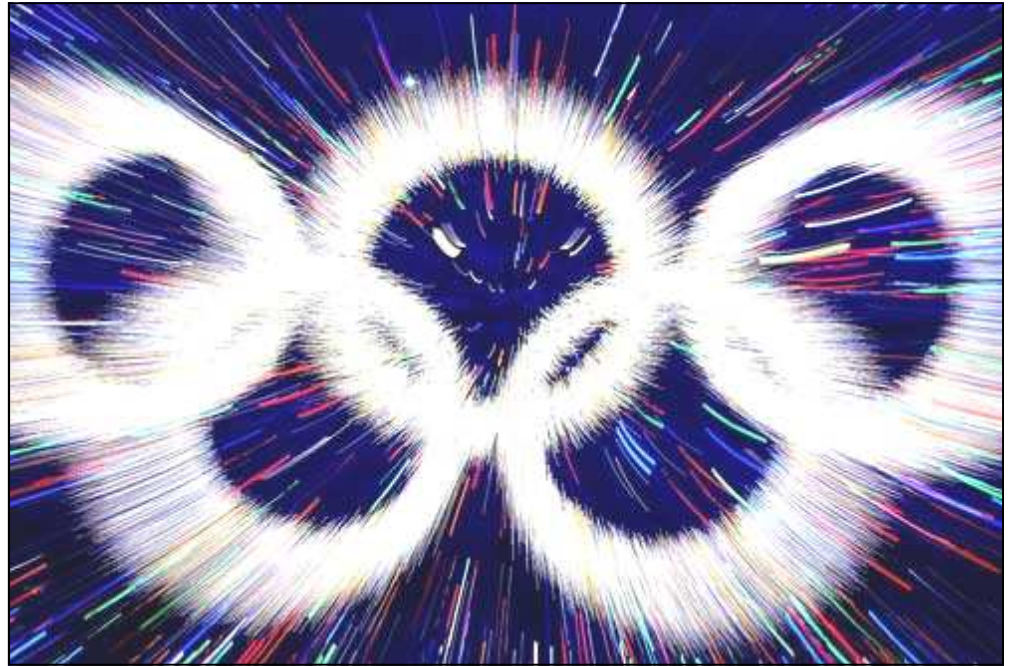
By Abby Hillegas

*Team 8*

This year's Senior Citizen Prom will be held on May 5. The theme is Olympic Dreams.

National Junior Honor Society (NJHS) candidates were given a list of possible choices for the theme. They were also given the opportunity to come up with their own theme.

There will be 180 seniors attending the prom. They will be able to get a photo souvenir and participate in the cake walk and dance competition. There is going to be a DJ playing music from the 1940s up to the 1970s and a unicyclist who balances plates on his 6-foot-tall unicycle! Wow! Two lucky seniors will be crowned prom king and queen. Our candi-



dates are preparing a wonderful dinner. They will be serving chicken, ham, potatoes, salad and many desserts. Good luck to NJHS and to Mr. Graver, Mr.

Eckhart and Mrs. Bowser. They deserve much credit for preparing the evening.

# Looking for some care from the Pack

By Abby Hillegas

*Team 8*

What happened to people caring about each other?

None of us is perfect. No one is flawless.

So why do we judge people on the way they act or look?

If you looked like your personality, would you be beautiful?

What I mean by that is, some people are really mean, they don't care about others and are really self-centered,

that theirs is ugly.

While others care about people and would help anyone, even a stranger.

Those people have beautiful personalities. I see so many people who pay no mind to those in-need. We often ignore them.

Next time you see someone fall or struggling to carry something, why not offer to help?

If you are afraid, don't be. Remember that amateurs built the ark but professionals built the Titanic.



# Attitude adjustment needed at NLMS

By Kasey Wayda

Team 8

Lately at Northern Lehigh Middle School, not only have behaviors changed but so have the attitudes. You might think only teachers noticed but there are many students who are striving to do their best and win their school back.

Within the past month, I would guess there were more than 10 in-school suspensions.

To some people, that may not sound like a lot but to me, I honestly think it's not only sad but pretty pathetic that we are in middle school and we need assigned seats and silent lunches because we don't know how to handle ourselves.

To me and probably to many others, it seems like more and

more people are changing and starting to take on the "I don't care" attitude. Well, I can honestly say that you should care because how you act in school could reflect on your entire future.

Some people seem to just not care what anybody tells them.

It seems like a handful of people don't even know what respect is anymore.

In my opinion, you go to classes and get an education, not to sit there and talk, pass notes or text.

Teachers come here with a



purpose and that is to teach us. School is almost over anyway so from now on, think about your actions and the possible consequences you could be paying for what you do. We need to take our school back because, as Mrs. Raber would say, "We are the best kids in America."

## Student-teachers gain experience on both teams

By Rebecca Blocker  
and Kasey Wayda

Team 8

For this article, Rebecca and I interviewed both of the English class student teachers, Mr. Fisher and Mr. Youwakim. We interviewed Mr. Fisher and here are some of the things he told us.

First, he is currently attending Muhlenberg College. He first attended Shippensburg University in 2007 but now he is trying to attain his bachelor's degree.

Mr. Fisher also said he has five siblings – two brothers and three sisters. He said that he loves English and Edgar Allan Poe. Mr. Fisher is an avid snowboarder and is getting married in May.

He is an Eagles fan, likes *Grey's Anatomy* and *Bones* and also enjoys rock music. He said, "I love being here at NLMS. I enjoy spending time with the students and Mr. Barnes has been a wonderful mentor and cooperating teacher."

Mr. Fisher also said he was

born on March 19, 1985, and his favorite book is "Alice in Wonderland" by Lewis Carroll.

In the English class on Team 8, we had a student teacher named Mr. Youwakim. He was born on Oct. 25, 1988. Mr. Youwakim has two sisters who are both younger than he is. He graduated from Whitehall High School and will soon graduate from Kutztown University. During his free time, he enjoys playing and watching tennis and football. Previously, he worked at Dorney Park.



# What's the point of Twitter?

By Israel Moore  
and Abby Obenski

*Team 8*

Twitter is a social networking site, whose main point is to put up and update statuses. Many websites offer statuses, along with other things like games or chat. What makes Twitter so “great”?

Many people have said that Twitter is “awesome” because you can follow people. Well, that’s a bit creepy. Seeing what people are doing all the time and stalking their every “tweet” makes it seem stalkerish.



People you don’t even know could be following your every move!

Twitter is a public thing. You can hide your posts but your picture and personal information is out in the open.

There are no safety settings to hide that information. Even Facebook has more privacy settings!

Twitter really does not have a point. Instead of “tweeting,” go outside and play! Or read a book! Enjoy the people around you! Do something productive with your time!

You could be safer, happier and healthier if you stop “tweeting.”

# The Stone

By Amanna Bradley

*Team 8*

Walking along an abandoned dirt road, I am invisible to the world around me, for the trees and underbrush are thick. Beyond me, within the darkness, was a glittering object. The object looked so pure and good.

It reminded me of hope.

I walked toward it. As I pick it up, adrenaline surges through me. I feel stronger.

Tattoos start creeping up my arms. With the heightened senses, the light breeze is filled with the smell of the ocean.

I hear voices.

They’re calling my name, crying out for me with fear and pain. I drop the stone.

The euphoria I was feeling vanished as suddenly as it had come. The trees rustle behind me. I whip my head around.

A person steps out of the bushes. I stare at the dark, hollow pools that are his eyes.

His hair – long and bleached; smile as sharp as knives. He has a long scar on his right cheek. He steps forward again. A cuff on his left hand is golden against his sun-kissed skin.

He whispers my name as soft as the breeze across the grass. The end comes quickly.

# Super Bowl Sunday should kickoff one day earlier

By Cody Becker

*Team 7*

I think the Super Bowl should be played on a Saturday. The reasons are because of school for kids and work for adults.

When adults are watching the Super Bowl, they want to have a party.

They can’t have a party if they have work the next day.

Some people work on Sunday nights. So they have no chance of

watching the big game. Another reason the Super Bowl should be on a Saturday is because so kids have to go to bed early and cannot watch it.

That is why the Super Bowl should be on a Saturday.

# Many Facebook friends means nothing

By Jocelyn Andino

*Team 7*

Do you like Facebook? Why?

Facebook is a website where you can make a profile and add pictures and write letters to your friends.

Facebook is fun, yes, but it can also be dangerous. How can Facebook be dangerous?

Well, older people can take a

picture from the Internet and make it their profile picture and trick kids who are writing to them.

An example would be a 36-year-old man pretending to be a teenager just to get a girl. That's how it starts, and then it becomes "Do you want to meet me?" And then they give you an address. Then bad stuff can happen.

If you know the person, it's

different. Many people have their own opinions about this but I have mine, too. When people first get a Facebook page, they add everyone and anyone just to have a bunch of friends.

Facebook is addictive because once you get on it, you won't get off. Many parents don't let their kids have one for that reason.

So why do you like Facebook?



## Why is Facebook so important?

By Rebecca Snyder

*Team 7*

All of a sudden, I think to myself, "Why is Facebook so important?"

I have no clue why it is but I guess we are all about to find out, aren't we?

Here is my theory.

I think it's so important because people find things out. For example, if you were about to

make a "status" about something, just saying something like rates or truth is. My question is why?

I have a Facebook page and I am sure about half of the school has one, too. When I look at some of other peoples' statuses, I think, "Why are people saying this and making statuses and stuff?"

Yes, you can go on there and send Friend Requests and chat with people. Seriously, I really think that the inventor just

wanted to make money.

But Facebook, in a way, has a plus. You can find all of your old high-school friends. That's the plus but there is always a bad side.

Kids, teenagers, and even adults can get bullied. There are also some really mean people out there who don't care and could harm you so I say, *Why is Facebook so important?*



# Too many of you are suffering from the texting fever

By James Yoder

*Team 7*

Most of us have phones, myself included. But I think the addiction with this technology has gone far enough.

I remember my first phone. It was a toy phone but I used it all the time. My sister and I played

with it and pretended to call each other. But ever since about maybe four or five years ago, the phone “race” began.

I remember my sister asking my mom for a phone when she was 9 because all of her friends had one.

My mom wouldn’t let her have one but my sister was persis-

tent. She eventually got a phone when she was 10 and that’s when it began. She never left her phone out of her sight and was always texting someone.

She is not the only one, but many people – boys and girls – have been caught with this rapid

**See Text, page 10**

## Popularity does not dictate character

By Lindsey Rice

*Team 7*

We are all either popular, somewhere in the middle, or nowhere at all. What I want to know is how we are put into categories.

Maybe it is how we act or maybe the grades that we get.

Well, why does it matter? What is so important in our school now?

We are all placed where we are for a certain reason. For most kids, they’re in the middle. They don’t have the real fancy clothes.

They also don’t get the best grades – mostly Bs and Cs.

Well, I want to know – why are we all not just put into the same category? We are all the same and we just like different things. And that is what makes us unique in our own ways.

I think we should not be judged by how we act and the clothes that are on our backs. We are all the same in my opinion. But it’s our style and personality that makes us different and unique. Like a man who came into school and gave a great

speech, Rooster Valentini said, “There are lots of kids out there that are going homeless and they can’t afford a lot of things.”

So what if you were considered popular and one day, you went and picked on someone? Then sometime later you found out that they actually became homeless. I am sure you would not feel too good.

I understand the reason why kids act the way they do and why they dress like they do. But I hope in the future, this is not our most important priority.

## Spring Intramurals roll through April; CPR achieved

Spring Net Sports intramurals began March 19 and will run on Mondays and Wednesdays through April 18 (with a pizza party). Sports include tennis, badminton, ping pong, and volleyball. **Also, any student interested** in helping with the *July*

*morning only summer swim lesson* program should see Mrs. Raber. **Congratulations to the following students and adults** who completed and passed the CPR class offered at the NL Middle School in Jan. 2012. Courtney Arce, Brianna Beatty, Dy-

lan Berger, Xena Berger, Tiffany Bowers, Angel Carlo, Angela Carlo, Stephanie Carlo, Jamilette Casillas, Jacob Corwin, Hunter Hanzarik, Nichole Henritz, Calista Zempel, Mrs. Delong, Mrs. Jones, Mrs. Wagner.

# Non-stop texts

## Text, from page 9

21<sup>st</sup> century fever. So it's not only the girls.

Guys text too but for them, I think it's more of an X-Box fever.

A few weeks ago, I was at my friend's house. He and I were playing X-Box for an hour or two but I got bored. It was snowing that weekend and I really wanted to go outside but he insisted on playing X-Box. I eventually got so bored of watching him play X-Box that I shoveled his driveway while he was playing his game!

I also think that people are becoming anti-social by being social.

My sister is in her room all day either texting or on her iPod. And many students at home stay in their rooms all day texting and I think that is one reason that students are not spending enough time with their family or on their schoolwork.

Also, does everyone in the school enforce its "No electronics in school" policy? I know at least five students who have their phone on them right now.

I think students should be spending more time on their work – whether it is school-related or family-related, rather than staying in their rooms on some piece of technology all day.

I also think that one thing that personally annoys me is when students take advantage of their bathroom privileges by raising their hands to go to the bathroom so they can text or take pictures.

Maybe there should be a phone detector at the doors of the school or something so they can detect phones. I think we should do something about this 21<sup>st</sup> century addiction.

Is texting your friend really more important than your future?

