



# 7H KNIGHTLY NEWS



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## Big News—Bullying



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### Bullying

Have you ever been bullied? Bullying is repetitive aggressive behavior that is intentional, hurtful, physical and psychological, and threatening and persistent. There is an imbalance of strength between the two people. If you are ever being bullied, you should inform an adult or an administrator. If you are a bystander and your friend is being bullied, and you don't tell, you may be viewed as a bully as well. These types of things should be reported so we can have a safe environment for everyone.

### Cyber bullying

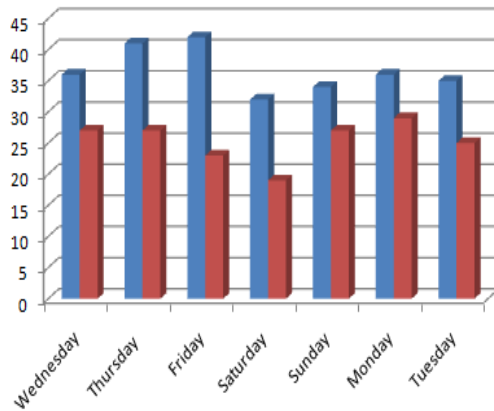
Currently, cyber bullying is one of the fastest growing problems facing school administrators and local governments around the country. Cyber bullying is defined as using the computer or other electronic devices to intimidate, threaten or humiliate another individual. Cyber bullying most commonly takes place on the Internet among students from a given school or neighborhood. Now the students are not just being bullied at school, but at home as well. If this is happening to you or anyone you know, report it to your parents or a responsible adult in your life. You have heard the things that have happened from bullying, so don't let that happen to you or a loved one.

## Upcoming Events - SIT

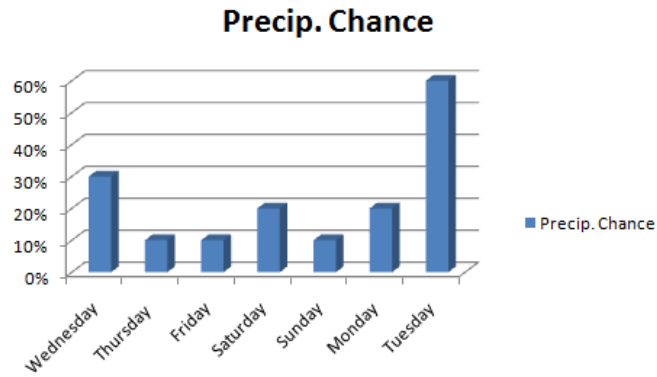
The SIT Conference is an amazing opportunity to find out what you are good at with technology. You can either be a presenter or an attendant. If you are a presenter, you can show off the coolest technology you know about. If you are an attendant, you can receive SIT bucks (Raffle Tickets) from presenters and see many different presentations about different types of technology. This conference is extremely fun while also educational.

At the end of the conference, there are many different raffles that have great prizes! Some prizes are only available to presenters, while the rest are available to everybody. There have been Wiis, Xboxes, TV's, Ipod Touches and much more! As a previous winner, I suggest that you go for something kind of expensive, but that nobody else really seems to want, so you can sell it and buy something else later (that is what I did). The SIT conference is an entertaining, educational, and really fun conference. You really should go! See Mr. Jones for more information. SIT—February 18, 2012, at Heartland Community College

# Weather By: Stephen Kelly



Daily Temperature



Chance Of Precipitation

Tips to keep  
up your  
health

## Health Tips



At the dinner table, what do you eat? Do you eat French fries, pizza or cheese burgers? If so, it may be time to change the way you eat. At the dinner table, you should have your plate filled with different, colored

foods. (Not M&M's) This does not mean to go on a diet, but just to eat right. At dinner you should have a fruit, vegetable, protein, and milk to drink. Milk keeps your bones strong and ready for whatever

sports you do. Maybe even cooking your own healthy meal for your family is a good way to show your family how you should be eating. Staying active does not mean you can eat junk. If you do, your sports ability could go "downhill." Stay healthy!!!

Movies  
TV Shows  
Drama  
Celebrities

## Entertainment



At a football game, there were cheerleaders cheering, when something unexpected happened. There was a cheerleader that doing a solo cheer. She yelled, "GO TEAM! GO TEAM!" At Midfield. It was a good cheer. But there was a golf

cart riding loose around the field, as somebody had accidentally put weights down on the gas pedal. Then all of a sudden, while the cheerleader tumbled off of the field, the golf cart came and ram straight over her! She got up and finished the

cheer, limping at the same time. No one could believe that she would be able to get up after she was pummeled by the cart. But she did.



## If I were in Charge of the World: By Grace P.

If I were in  
charge of the  
world

I'd end war  
And Justin Bie-  
ber...forever!

If I were in  
charge of the  
world

There'd be  
peace and choco-

late cake every  
day.

If I were in  
charge of the  
world

You wouldn't  
sag

You wouldn't  
kill anyone or  
anything

If I were in

charge of the  
world

There would  
be no more sad-  
ness

If were in  
charge of the  
world

Everything  
would be perfect  
and beautiful

## Fine Arts



Andrew Suele is a pending conductor for the Illinois Symphony Orchestra. He graduated from a music University in New Zealand. The seventh and eighth grade orchestra was honored to have him conduct for them Tuesday. They said it was amazing! He had the players play a piece way, way faster than it is usually played and improved it drastically. He is an amazing player. He plays violin, piano and maybe more!

## In Style



In style

Marbled Nails aren't exactly "In style" but they are really cool. You can use as many colors of nail polish as you want, but 5 is a good limit. Maya was one of the first to try it out. If you decide you want to try it out, make sure you have LOTS

of time. I say it takes about 30 minutes -2 hours depending on how much experience you have. Doing the nails isn't that hard but all the preparation is what takes time. For a start make sure you have these supplies

- Toothpicks
- White Nail Polish (Must be white)
- 2 different color nail

polish

- Tape (Optional)
- May need Paper Towel and Nail Polish Remover

I hope this gives you girls a good start. YouTube has many videos. Type in "Marbled Nails Tutorial"

# Global News



Firefighters watch as Tennessee resident Vicky Bell's mobile home burns to the ground on December 6. You may say

### Where In the world?

to yourself, "Hey, isn't it a fireman's job to put fires out?" The answer is not if you don't pay your \$75 annual fee to the local fire department. Firemen do not have to help with a fire if the homeowners family does not pay the fee.

Homeowner Gene Cranick faced the same tragedy a year earlier in South Fulton. Local Firefighters stood nearby and watched as the house burned to the soil.

Mayor Crocker of Tennessee says that firefighters will help even when homeowners don't pay their fines. "After the last situation, I would hope that everybody would be well aware of the rural fire fees, this time," he says.

# Teacher Of The Week



Mrs. Johnson. She is a helpful teacher because when you are having trouble learning things, she is always there to help you after class or after school. She makes sure that her point gets across in the lessons, and we can still have fun! She is very nice and kind to every one of us. She is a great teacher and all-around great person.

Q: Why do you like math?

A: I like math because I like to solve problems.

Q: What is your favorite lesson to teach in math?

A: I like to teach the lesson about the Pythagorean theorem because it is a math concept that is NEW to most 7<sup>th</sup> graders. I also like it because students get to draw on dot paper to find the area of some challenging squares.

### Personal questions

Q: What is your favorite football team?

A: I don't have a favorite football team. I LOVE to watch TV. Some of my favorite shows are House, Biggest Loser, Parenthood, Modern Family, Cougartown, and Grey's Anatomy.

Q: What do you like to eat?

A: Yes, I like to eat. (hahaha My favorite meal is steak (cooked medium), mashed potatoes (with butter and sour cream), (canned) green beans and a BIG glass of (skim) milk.)

# Ask Becky

We received our first message from an anonymous person named NO FRIEND and he/she wants us to help him/her with friend troubles. He/she said, "My friend is not acting like him/her self and is hanging with people that are bullies and aren't like him/her. I really think he/she is a funny and a nice person to be around but he/she keeps rejecting

me."

Becky said.. Hey! Don't get yourself down about this person. If they don't want to be around you because they want to be known as cool, then that is really mean to you because, if they were a real friend and or a good person they would not be afraid what other people think. There are lots of people who would want to be your friend. You don't need them making you sad and unhappy.



# Debate It!

Debate It!

What do the students think?

I personally think we should have an extended lunch period with an extra 20 minutes. However I think this should only apply if you have passing grades in every class, haven't gotten suspended and have had a limited amount of detentions. The students that haven't made these requirements should be required to go to their classroom and work on homework. Anybody else that

wants to use these extra 20 minutes should be able to use this as a study hall, too.  
–Maya M.

Jordan P. thinks-

That it is a great idea to have lunch longer because it would give us more time to socialize during lunch and not during classes. Plus once we get to the table it is a 5-minute to wait to get up. Then we have to get through the food line and have about 15 minutes to eat because we have to get up early to put our trays away.



# Foods Around the World



**These yummy German pancakes are made to be thin so they can be used as crapes or a tasty breakfast or snack.**

Amount: Serves 6 to 8

1. Blend together 3 eggs and 1 Medium Onion, Quartered
2. Peel, Chunk, & Blend 5 Medium Potatoes

3. Add to Mixture & Blend 1/4 to 1/3 Cup Whole Grain Flour to thicken and 1 teaspoon Salt

4. Cook blended mixture in medium hot skillet. Spread as thin as possible with a wooden spoon. Cook until golden brown around edges turning only once. This should

only take 1 pancake 15-40 seconds to cook.

Make sure to add olive oil to skillet for each new batch of pancakes.

You may use applesauce (a German favorite) fruit, or anything else that sounds good as a topping.



Stephen K.— Editor  
Jordan P.— Editor  
Spencer J.-Editor

Abby W.—Photographer

Kaylee B.—Interviewing  
Shannon P.—Interviewing  
Abby W.—Interviewing  
Maya M.—Reporter  
Jordan P.—Reporter  
Jordan S.—Reporter  
Zach W.-Sports

## NEW YEAR WORD SEARCH

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

### word list

Family  
Winter  
Fireworks  
Holiday  
Midnight  
Resolution  
Clock  
Year  
Celebration  
New

Calendar  
Confeti  
Baby  
Hats  
Noise Makers  
Eve  
Count down  
Party  
Fire works  
Times square

