

# The Insider

Van Antwerp MS

## Get to Know Ms. Palmer!

### An Interview with Ms. Palmer

By Tucker Jahoda

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Volume 1, Issue 2

#### Special Interest Articles:

- Prove middle school students have manners, read "According to Maura" on page 2.
- Have you met Ms. Greene yet? Read page 4.

Coming next issue:

Ready for Spring?

Ms. Palmer is the new Vice Principal of V.A. Here is an exclusive interview with her.

Q: Where were you born?

A: Oneonta, NY (west of Niskayuna). I lived there for one year.

Q: Did you have any brothers or sisters?

A: Yes, I have two twin

brothers that are three years younger than me. One is also a Vice Principal.

Q: Did you have any pets growing up?

A: Yes, I had a couple dogs.

Q: Do you have any pets now?

A: No, because I'm actually allergic to both cats and dogs. (Cont'd pg. 6)

## HELP! I HAVE A TEST!

### 5 Helpful Test Taking Tips

By Hannah Wistort

1. Do not cram all your studying the night before a test.
2. Try not to get nervous, be optimistic and believe in yourself.
3. Make sure to follow all directions for each question, so as not to lose any points.
4. During the test try to organize your time.
5. Beforehand, eat a good breakfast and get a good night's sleep.

## According to Maura...

### Etiquette Lessons in 5 Easy Steps

By Maura Griffith



Be sure to  
check out  
Alex's lemonade  
stand!

A recent article was in the *Times Union* about how kids' manners are slipping and need adjusting.

Here are tips to stay polite.

- 1) At a restaurant, if you get up during the meal, leave your napkin on your chair to let the waiter know you'll be back.
- 2) When you're done with your meal put your fork on your plate with the tines facing down.
- 3) Never pass the salt without the pepper or vice versa. They come in a set.
- 4) When introducing people, introduce women first, unless there are senior citizens
- 5) Don't ask people their weight, age, or how much money they make, it's very rude.

### Just Remember:

Lemonade  
is 25 cents  
Fruit Juice  
is 40 cents  
Water  
is 50 cents

**DONATIONS  
ARE ALWAYS  
APPRECIATED!!!**

**DO YOU TRUST 8<sup>th</sup> GRADERS TO MAKE LUNCH? NOW YOU MIGHT.**

By Deanna Helm

The lunch at school was changed recently by the 8<sup>th</sup> graders in Mrs. Trefethen's health class. Would you trust an eighth grader to choose your lunch menu? I would. The class cooked up a storm of good ideas for a variety of new foods. There is nothing wrong with the foods we have now, but sometimes change is fun. And, it was! See page 8 for the menu used the week of 1/14.

## Guitar Hero 3 - A Review

by Bernie Martinese

The latest game that recently came out in October of 2007 is Guitar Hero 3: Legends of Rock, which is available on Xbox 360, Wii, PS3, and the PS2. The rating was a 9.5 on [www.gamespot.com](http://www.gamespot.com). I find Guitar Hero 3 to be a fun game for 2 people to have fun. The hardest song ever in Guitar Hero history is considered to be Through The Fire and Flames by Dragonforce on expert. Maybe you can do it too! I do know some important tips to help you pass the nerve-wracking introduction. You can take a rubber band, and a kind of cap. Once you get it on, move the rubber band and the cap to the green fret button so that you have 4 fingers free on 4 fret notes. You can also take your 2 hands and move them to the fret buttons. You can then strum with your elbow and tap with your fingers. Another tip is if you have a mirror facing your TV while you are playing, you can play on lefty flip without actually playing lefty flip. If anyone wants to try Through The Fire and Flames on expert, remember these tips that can help you through the song. Good Luck!



"Maybe you can do it too!"

## Sports Coverage

Michael Vick

by David Etkin

Michael Vick (suspended quarterback for the Atlanta Falcons) was recently sentenced to 23 months in prison for dog fighting (which is illegal).

Michael Vick was involved in dogfighting with four other men. This group of people would get a crowd to watch the dogs and force the dogs to fight. People would be allowed to bet

on which dog would win the fight (also illegal). Dog fighting is cruel and the people who are involved with it will go to jail. The NFL is unsure if after Vick gets out of jail they will allow him to play football again.

*"Watching students exploring and investigating, which makes learning fun."*



## HELLO, MS. GREENE !

### AN INTERVIEW BY DAVID ETKIN

**Q:** When did you first get an interest in teaching?

*A: "My senior year in college"*

**Q:** Are you married?

*A: "No, but I'm engaged to a math teacher"*

**Q:** How long have you been teaching?

*A: "2 years."*

**Q:** Do you have any pets?

*A: "I have 1 cat at my parents house."*

**Q:** What is your favorite part of being a science teacher?

*A: "Watching students exploring and investigating, which makes learning fun."*

**Q:** What is your favorite unit in science?

*A: "Plate tectonics in 6th grade and forensics in 7th grade."*

**Q:** Do you have any brothers or sisters?

*A: "I have one younger sister".*

**Q:** What inspired you to be a science teacher?

*A: "I remember some really great laughs like a frog dissection or a pig dissection."*

(Cont'd on page .)

## Meet a Nutcracker Celebrity

By Maura Griffith

The performers of the Myers' Nutcracker Suite are perfect examples of drive, athletic excellence, and stamina. Here is an interview with resident ballerina, Olivia Kalm.

**Q:** What was the audition process like?

*A: In a way it was very nerve-racking, there were like 150 people trying out. But it was very rewarding. She, Ms. Myers, hand picked me out of a bunch of people.*

## CREATIVITY PAGE

### Thanksgiving Poem

By Hannah Wistort

\*Thanksgiving has past, but  
we should be thankful all  
year long anyway.

**T** for time being spent  
together, turkey, tarts and  
testy weather.

**H** for hugs in every way,  
home, and heart, and  
holiday.

**A** for autumn's beautiful  
leaves, and all the people  
who still believe.

**N** for the month November,  
neat things, new things to  
remember.

**K** for kitchens, kettles,  
caring, cooking, and always  
sharing.

**S** for new starts, smells and  
sounds, and something  
special that surrounds.

That spells---**THANKS**---  
for joy in living and a  
welcoming Thanksgiving.

(More creativity on page 7)



*"We should be  
thankful all year  
long..."*

## COMIC WITH A MESSAGE...

## Interview with Ms. Palmer

(Cont'd from pg. 1)

Q: Do you have any pets now?

A: No, because I'm actually allergic to both cats and dogs.

Q: What were holidays like in your family?

A: Christmas time and birthdays were big; also on the 4<sup>th</sup> of July we would have a big family reunion.

Q: When you were young what did you do for fun?

A: I did a lot of reading and spending time with my

friends. Also, I lived very close to a mall so I spent a lot of time there too.

Q: What colleges did you go to?

A: Well, I went to the University of Albany and St. Rose.

Q: Do you know the meaning of your last name?

A: Well my first name is Victoria and I know that means victory, but I don't know about my last name.

Thank you and welcome to VAMS!

## Still Cutting Your Box Tops?!

See ad on hardcopy provided at school.

## MORE CREATIVITY (Cont'd from page 5)

Life is precious, every new life brings possibilities that were never there before. As you worry and cry and become upset with the way *your* life is going... I will ask "Why. Why don't you have any hope?" As you sob out the world's faults in your desolate, lonely corner, I will come to you bringing an aura of Love and Serenity with me. I will protect you like nobody else ever has, wrap you in a warm embrace, and wipe the tears from your eyes. For every life is precious, and fear, sadness, and hatred make up only a small part of our lives.

Don't let the fear of living or loving or hoping keep you from doing any of those things. Beauty will come with joy and prosperous will your heart be. I do not lie, call out and yell for Serenity.

~W.A. Hamilton

### LETTER FROM THE AUTHOR

To My Readers,

You may have read some of my works in this paper by now -laugh-! I thank you kindly, your comments keep me writing. I am a new author, in the the seventh grade and seriously trying to meet my deadlines at the same time as doing my homework... which is sort of hard because I am always more anxious to write stories than to do math or English homework (no offense to my teachers). I am currently working on a new story... and this one I will be looking to publish. I am only writing short stories here, but my big work is bordering about 40 pages typed, currently. To aspiring writers such as myself: write 5 pages a day, 7 days a week and type it all up on Sundays and Saturdays. It really works. Please look for my new work, because as soon as something is definite about publishing I will write here where to look! Unless you're not interested, that is. But my writing is pretty good, at least decent I think, and if you like it you will like the new thing. Thanks, again!

Yours Truly,

~W.A. Hamilton

## Meet Ms. Greene (Cont'd from page 4.)

**Q: Do you remember your science teachers from when you were in school?**

*A: "Yes, I remember each and every one of them and their quirky gestures. I wonder if I have any of those?"*

**Q: What is your favorite part about teaching two different grades?**

*A: "You get to teach two different areas of science, so it keeps it interesting"*

## Nutcracker Interview

(Cont'd from pg. 4 )

Q: How long was the audition?

A: 1 day but it was spread out by age level. First, were young kids for mice, gingersnaps, and the party scene, then adults for the party scene, then kids our age (6th grade to seniors).

Q: When did you get assigned parts?

A: At the very end she cleared the stage, and would say your name.

Q: What parts did you and other VA students get?

A: I got lead Chinese, Micki Ebert did too. Shayna Golub and Tori Robins were part of Arabian core. High school student Jill Foley was lead Chinese, Alena Bagoly was in Snow core and Marzipan.

Q: What was the best part of the whole experience?

A: it was a very rewarding experience because no one knew anything beforehand.

Q: How long did you train?

A: 2 months.

Q: What were your favorite dances?

A: Sugar plum fairy is my favorite to watch but snow is my favorite to perform.

## 8<sup>th</sup> Grade Lunch Menu From the Week of 1/14.

(Cont'd from page 2.)



On Friday, 1/18 students voted for their favorite lunch menu from those planned by the 8<sup>th</sup> graders. Which one was your favorite?

Van Antwerp  
MS

*Next meeting:  
Thurs., 2/28 at  
3:30 PM*

Another cartoon. See hardcopy provided at school.

## **SCHOOL WORD SEARCH PUZZLE**

**By David Kosinenski**

See Hard Copy provided at school.