

THE MEMORIAL TIMES

MEMORIAL'S EXPRESS PLATFORM FOR THE FRESHEST NEWS

HEADLINE NEWS



Teachers are in School, too!

Ms. AMENT



EDITOR'S NOTE

ERIN RYAN

Welcome to our March newspaper! We have now officially written more editions than last year! Compared to our first edition in the beginning of the school year, the writing has grown so much. This edition contains comics, poems, word searches and many more Spring and St. Patrick's Day activities. We hope you enjoy!

Throughout the pandemic and the current school year, students are not the only ones learning. Teachers are continually learning in order to implement the fun and exciting things they do within their classrooms.

Please join us in congratulating teachers at Memorial Middle School who have become certified educators in a multitude of specialized programs. "We are proud that our teachers are showing initiative and expanding on the knowledge they can provide our students with," said Principal Mr. Scholtz.

- Ms. Ament is a Google certified educator Level 1&2, NEWSELA certified educator, and BrainPop certified.
- Ms. Scillieri is NEWSELA certified educator and an ED Puzzle certified coach.
- Ms. DeYoung is Google certified educator Level 1.

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Another Option

DANIELE STIGLIANO

Do you think that COVID 19 is done? Well, no, it is not, but there are options now! A vaccine has been available for some time now but a patient needs two doses for it to be effective. However, Johnson and Johnson just came out with a vaccine that is one dose instead of the two.

This one dose vaccine will save time and hopeful work to get more people vaccinated quicker. This also helps fight the virus and will protect people. That is a big factor for people wanting the vaccine. Make sure to stay safe and follow all protocols as the vaccine is only a step in stopping the spread.



COMICS

AVA BEIRNE



POETRY CORNER

KATHRYN RYAN

A Green Little Guy

I saw a rainbow in the sky
 And at the end was a little guy
 He was dancing around a big black pot
 While holding his gold coin
 As well as a shamrock
 I think he is a leprechaun
 And on the pot he sat upon
 He counted his gold one by one
 And he disappeared
 I guess that means
 Saint Patrick's Day is near!



The Month of March

GONZALO VILA

March is a month with 31 days
 And after March comes April and May
 Wind is particularly different this month
 As it blows hats and umbrellas and such

It also marks the arrival of Spring
 A season where people throw out old things
 It's a month where the wind starts blowing
 And the beauty of plants starts showing

We all hope that this month will be a good one
 As it has been a year since we left school
 Maybe we will come back
 That would be cool

SCHOOL NEWS

Spelling Bee Champ

MISS AMENT

Joaquin Vila recently competed in the North Jersey Spelling Bee, representing Memorial School. After winning first place in the school wide competition, Joaquin competed against other students from all over Northern New Jersey. Joaquin was very excited to represent the school and was so happy every time he got a word right. After a gruelling four hours, Joaquin made it to the 4th round of the spelling bee. Memorial School could not be more proud!



LIFE STYLE

Dare to be Healthy

JONATHAN HERRERA

Did you know playing music improves your workout, and being dehydrated decreases exercise performance? Listening to music takes the boredom out of exercise and also increases your mood. Also, not drinking enough water throughout the day makes your body work slower. So next time you start exercising, pump the music and have your bottles of water ready! We all know many people who have stopped exercising due to the pandemic, however, exercising should continue on because it is extremely beneficial to a person's health.



To kick things off, doing exercise is highly beneficial to your health. Especially since we often cannot go outdoors, exercising is a great activity to skip time and have some good old fun. In addition to this, you can do it in multiple ways - from yoga to using machines like bikes and treadmills. Yoga is more stretching than it is moving around; it focuses to increase core flexibility and strength. If you want to try to get outdoors, running or walking helps with endurance. Both of these exercises are great and do not require any equipment. You can also play sports like basketball, soccer, football, and baseball. Along with this, virtual reality (VR) is a way of exercising through online sports games. You can also watch videos on YouTube (YT) for both exercising tips and tutorials.

Studies have shown that people who exercise are less prone to diseases and illnesses like cancer and heart attacks. Websites like The Red Cross or the UnitedHealthCare say that exercising is good for the human body and that people should exercise for at least 30 minutes a day. Medical Journals

say this as well; an average being should exercise for an hour if they can. Studies have also said that it increases strength, endurance, and agility while also increasing heart strength.

Exercising is beneficial for everyone, especially now that we are stuck at home. Being proactive and making a routine helps break the barriers we put in our minds, such as lack of time, boredom, time, and energy. As we all know, exercising strengthens the body, mind and improves self esteem. Therefore take advantage of the technology you have at home and use it to get fit. Remember taking care of your body and being healthy should be a lifestyle, not a trend.

PUZZLE CORNER

AMY MOYA AND JOAQUIN VILA

Spring Word Search!

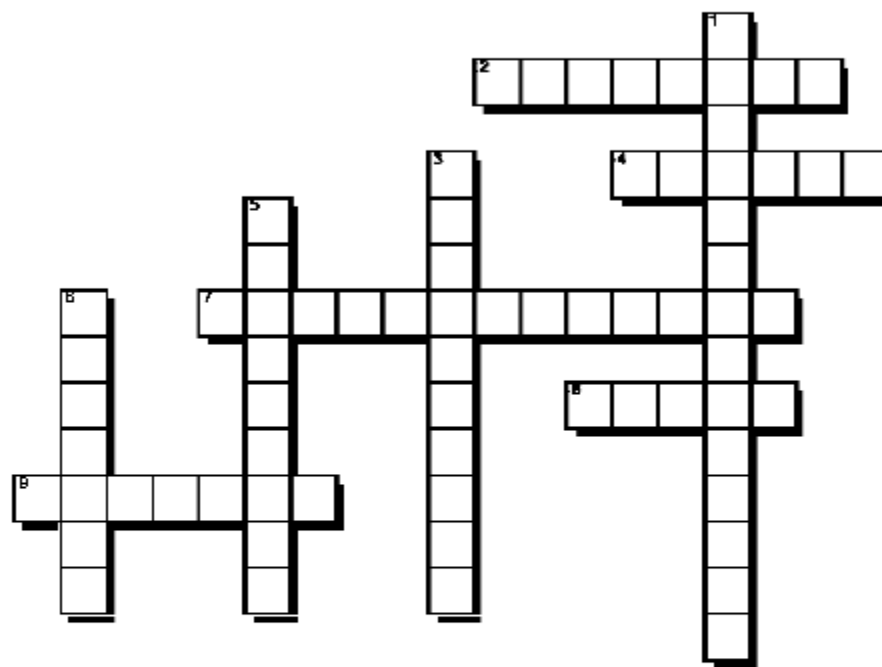
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T	P	E	S	P	R	I	N	G	E	L	E	T	S
L	D	L	T	F	L	O	W	E	R	S	A	S	I
T	E	U	H	I	N	B	I	R	D	S	O	U	L

- POLLEN
- SUNSHINE
- EASTER
- NATURE
- PLANT
- SUN
- GARDEN
- DANDELION
- SUNSET
- SPRING
- TREES
- BIRDS
- FLOWERS
- BUTTERFLIES

Play this puzzle online at : <https://thewordsearch.com/puzzle/2094509/>

St Patrick's Day Crossword

By Joaquin vila



ACROSS

- 2 A certain moon that is lucky when in sight
- 4 A season where pollen and rain is more common
- 7 An Irish holiday celebrated on March 17
- 8 The month when animals wake up from Hibernation
- 9 An arch of colors that has a pot of gold at the end

DOWN

- 1 A leaf that is a sign of good luck
- 3 Mythical creature with a pot of gold
- 5 Legend says that these are at the end of a rainbow
- 6 The country where St Patricks day originated

SPORTS

March Madness

JASON SNYDER

The NCAA tournament is the college basketball playoffs. 64 teams make the cut and are able to play in this tournament. If your team is one of those lucky, 64 teams then your team is guaranteed to play at least one round in the tournament. Altogether, there are 64 rounds, then the 32 rounds, then the sweet 16, then the elite 8, then the final four, and if you get lucky the championship. This is a huge event for college sports fans.



Way back in 2019, the last time the tournament was played because of the current COVID pandemic, Virginia won the championship. Before that, it was Villanova who won. Villanova is the usual winner of the tournament but let us see what the 2021 tournament has in store for its fans!

LOCAL NEWS

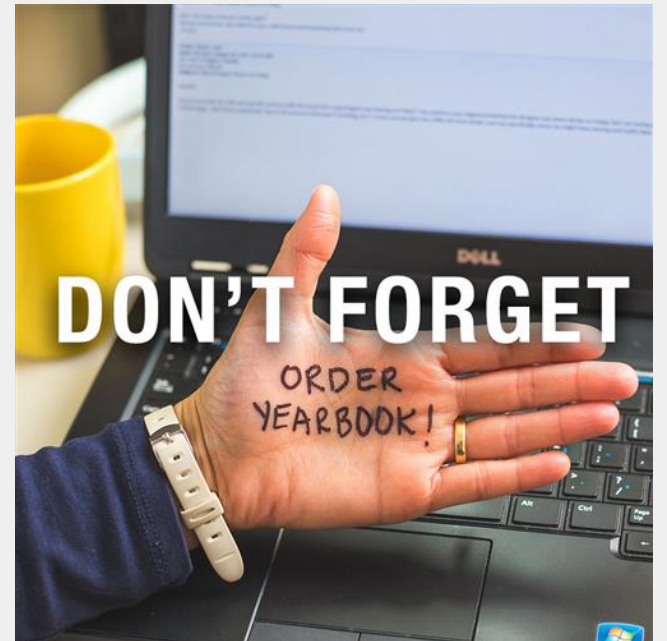
WP is STIGMA Free!

ERIN RYAN

I would like to thank the Chairperson of the STIGMA program Mrs. Tiseo for helping me put the word out and to clarify what the STIGMA program really is. Mental health is something many people are struggling with especially during this pandemic. The Stigma Free program in Woodland Park works to bring hope and to show people that they are never alone, even during a pandemic. Mrs. Tiseo answered some common questions regarding the program.

- 1. What is the purpose of STIGMA?** The purpose of the Stigma Free Committee is to open the discussion and educate our community about Mental Health.
- 2. What types of programs does STIGMA run for the community?** We are currently in the process of re-launching the Stigma Free Task Force, so some great programs are the Color Run and the Candle Light Vigil held in September.
- 3. Are there any new programs that you are planning on running?** We hope to get a couple of things going this year like a PSA (Public Service Announcement), Attitudes in Reverse (In their Shoes) and Green Ribbon week.
- 4. Do you have fundraisers?** That's a great question, Erin! We currently do not have fundraisers but were thinking of doing a lawn sign fundraiser.
- 5. What is the most important message you want to get out to the community?** You are not alone. It's okay not to feel okay, and please reach out for help.
- 6. How can someone get involved or help STIGMA?** The easiest way to be involved in the Stigma Free movement is to be there for your family, friends, neighbors and community members. Be a good supportive listener. But if anyone would like to become an active member of the Stigma Free Task Force they can either reach out to the Chairperson Phyllis Hornstra at pazh@optonline.net or myself Christine Tiseo ctiseo@yahoo.com
- 7. Many people think this is a program about drugs and alcohol, is there a relation to these topics?** There is a relation because addiction can be related to mental health. But there is a local committee that focuses solely on addiction and that committee is called the Municipal Alliance which is run by Michele Bolen and Dina Bargiel. The Stigma Free Task Force focuses on educating the community on mental health, providing resources and activities to assist in the education and creating an environment where community members know that they can reach out to someone.

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Now through January 29th, Monday-Friday from 9am - 2pm
 One breakfast and one lunch meal per child per day
 On Fridays, additional meals are available to last through the weekend

A Complete Breakfast Includes:
 Entrée (Bread/Grain), ½ cup serving of Fresh Fruit, Cupped Fruit or 100% Juice, & Milk (8oz)

A Complete Lunch Includes:
 Entrée (Protein/Grain), Vegetable (1 cup), Fruit (1 cup) & Milk (8oz)

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NOTHING bundt CAKES

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Cake Facts Cakes will stay fresh for 5 days refrigerated or 2 days at room temperature.	Flavors 	Sizes Bundlet (Individual Sized) \$6 8" Frosted in a Box \$30
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Allergen notice: Our cakes may contain wheat, dairy, eggs, soy, tree nuts and peanuts.

Featured Flavor

Orders due by March 17 to Lina, 973-725-0802 or linastigs@optonline.net Venmo- @MMS2021-Ryan

Memorial Middle School Eighth Grade Dance Committee is holding a Nothing Bundt Cakes fundraiser.
 Send orders to Lina Stigliano at 973-725-0802 or linastigs@optonline.net and pay via Venmo to @MMS2021-Ryan

The committee is also selling school pride and graduation lawn signs. There are two sizes: 18x24, which are \$30, and 24x26, which are \$40. They are customizable with your student's name. Custom banners are also available at \$7.50 a square foot. For more information or to order contact Lina Stigliano at 973-725-0802 or linastigs@optonline.net