



## Mexican Exchange ~ An Interview WHMS middle school teacher Cora Hamm

*By: Molly Jacobs*

Students from Sierra Madre Montessori School visited WHMS in February. Then the students in the middle school visited their friends for a week at Sierra Madre Montessori School in Monterrey, Mexico.

MJ: What was your favorite part about Mexico?

Cora: "Going to their school and getting to know the teachers from Mexico and their delicious food."

MJ: How did you like the family you stayed with?

Cora: "Well I stayed with the family Elyssa stayed with. They were very nice."



MJ: Do you want to stay in touch?

Cora: "Yes. It was a great enrichment to both of our programs." Smiles

MJ: Do you want to go back?

Cora: "Yes!!" she said with a smile. "It was a great opportunity and it was really fun. I really want to go back! But I'm not saying we're not going there next year."

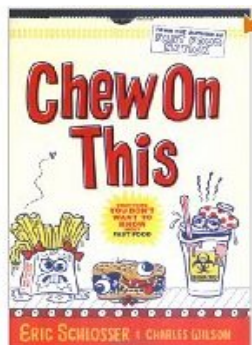
MJ: What was the most surprising part of the trip?

Cora: "The band at the goodbye party."



## Stop The Pop!

By Mairin Kelly



Soda can be so very bad for your teeth. Bad, bad, bad! If you drink too much soda, you could get cavities, and your teeth may rot out. There is a problem with some parents putting sugary drinks in baby bottles. When children fall asleep with a sugary drink in their mouths it causes *baby bottle syndrome* making the top teeth rot into little black nubs. Due to frequent, long term exposure to liquids containing sugars children can permanently damage their teeth. Soft drinks containing caffeine is also giving people problems. Caffeinated drinks are known to cause irritation and headaches, and disturbing their sleep!

So if this isn't enough to get you to stop drinking too much, take a look at the book ***Chew on This*** by Eric Schlosser & Charles Wilson.

### Mahogany Ridge: Dog Agility

By: Tea Mottolese

Mahogany Ridge is not your normal Doggie daycare and training center. Mahogany Ridge offers a kids camp during the summer during which they train their dogs in agility and obedience. The dogs have fun learning new tricks and jumping, go through, walking on top of, and weaving through obstacles. After an hour of fun the dog will lay and rest in his\her crate to sleep while you learn about different things like acupuncture, veterinary care, Flyball (a dog sport) and the dog's personality quiz.

If you don't have a dog and want to go to their camp that's OK! They have dogs that you can borrow to work with at their camp. At the end of the short week of fun you and your dog will present yourselves in an obedience and agility show. After the show you get a certificate of learning for your dog. Try going to Mahogany Ridge.

It's really fun.



### Abuse of Animals

By: Tea Mottolese

If you would like a pet I recommend adopting one. Adopted pets are much better pets because they really want to please you and they want your love. I waited for years for a dog. I always said to my mom "I want to adopt a dog Mom."

Animals (mostly dogs) are abused or left behind everyday. Just like world hunger. Abuse (mostly) starts when a person has a pet and they don't like it. They start kicking, biting, hitting, or even whipping them. Then the animal becomes scared of their owner. Some people even keep them locked up in a crate or when they decide to move leave the animals behind in the house or in the yard.

When organizations like the ASPCA (The American Society for the Prevention of Cruelty to Animals) find them they take them back to the ASPCA building to treat their wounds and diseases. Sometimes they find the animals wandering around in the streets.

I adopted my dog, Susie. Susie was abused as a young puppy in Tennessee. When they drove Susie and her sisters to NY Susie was going to be the only one left to go to the Homeward Bound Dog Rescue of NY. Her sisters were already adopted by then. Susie was in a foster home for one week. When I came to check out a dog named Zebra that looked exactly like Susie, I knew Zebra wasn't the one. I walked and played with Susie and could feel she was the one. My mom could feel it and see it too. Then we signed the papers and she was officially mine. Susie is an amazing dog. Adopted pets really are better than bred ones. Of course they can't be in the AKC (American Kennel Club) shows but they can be great pets. Do something for the abused animals. Adopt one.

# Swim team ~ An interview with Julie Ehrlich

*By Mairin Kelly*

Julie Ehrlich is a competitive swimmer.

"I remember my first swim meet," she says. "I was happy and nervous. I came in first in two different races. That explains how I started my swimming dream." Julie knows how much fun it is to swim and encourages everyone to go to the nearest YMCA and ask about a joining a swim team. If there is no team there, ask where to find one.

Julie sat down with WHMS Times reporter for an interview about her success as a competitive swimmer.

MK: How did it feel when you had your first lesson?

JE: I felt excited and scared when the time had come to do my first swim lesson. I was slow at first, but the more I practiced the better I got.

MK: What was your first swim meet like, when was it and are there different kinds?

JE: A month later it was time for my first swim meet. There are two types of swim meets. There are USA meets and regular meets. A regular meet is a competition that two swim teams (or more) meet at the swim meets to race against each other -swimming of course. You also try to make it to Leagues or States in a regular meet. Leagues and States are a type of competition. Leagues are almost like regular swim meets but they are more of a competition and you can win medals. The swimmers come from all around the Capitol District area including Saratoga, Glen Falls and even Pittsfield, Massachusetts.

MK: How many medals have you won this year?

JE: at Leagues I won 3 medals. A medal for every race I swam. I won first place for the 50 butterfly, first place for the 50 free styles and third place for the 100 IM. I also got a medal for 6<sup>th</sup> in my 50 freestyle for states.

MK: What are USA meets?

JE: USA meets are almost the same as regular meets, you still go against two swim meets (or more) but the difference is that you can get medals and trophies at any meet. But the best thing of all about USA meets is that you can make it to OLYMPICS! So that usually explains why we swimmers try our best at swimming.

MK: What is States?

JE: States is a little bit different from other meets and leagues. You still swim for medals and trophies but you are competing against swimmers from all around the New York State.



WHMSTimes  
a student newspaper

*Editor*  
Brandon Zhou

*Production Manager*  
Erik Saulnier

*Chief Photographer*  
Erik Saulnier

*Columnist*  
Téa Mottolese

*Photo Editor*  
Lucas McBath

*Photographers*  
Isabella Phayre-  
Gonzalez  
Rebecca Carlson-Lee  
Tori Gernert-Dott  
Erik Saulnier

*Reporters/Features*  
Isabella Phayre-  
Gonzalez  
Rebecca Carlson-Lee  
Tori Gernert-Dott  
Lucas McBath  
Brandon Zhou  
Téa Mottolese  
Molly Jacobs  
Erik Saulnier  
Mairin Kelly  
Julie Ehrlich

*Puzzlers*  
Rebecca Carlson-Lee  
Tori Gernert-Dott  
Julie Ehrlich

*Cartoonists*  
Lucas McBath

Email the staff of the  
WHMSTimes at  
whmstimes@gmail.co  
m or by leaving a note  
in the main office.

## Editorial

The Editor is back – with an even better issue of the *WHMSTimes*! Be sure to read *Oreo Balls ~with Tea*; a very delicious, easy, dessert. There's a lot of stuff going on with the water project. They held two performances! At the Spectrum Theatre on March 26, 2009, the Water and Government Clubs performed the *None to Now* play, played two movies, a documentary film: *Water First*, and Daniel Cavanagh's award-winning animoto movie. The performers did an awesome job, and didn't forget one single line! Daniel Cavanagh's movie won *Best of Festival, Best Documentary, and Best Audiences Choice, and A LOT of movie tickets* from the annual movie contest in Bethlehem. Later, on April 22 (Earth Day), they'll perform at Proctor's! See ya next time!

### Making Oreo Balls ~ With Téa

Oreo Balls is a really good recipe to make. They are fun, tasty, treats made up of cream cheese, Oreos, and melted chocolate. These treats were originally made by Denise Walpurgis' friend. This is how you make them:



Smash one package or row of Oreos' until fine  
Then mix in some Cream cheese. (You should not be able to see the cream cheese; just the dark Oreo color)  
Roll the Oreos and cream cheese into little balls  
Freeze them  
When the Oreo Balls are hard, take them out of the freezer and cover them in your favorite chocolate  
Freeze them again  
When the chocolate is hard, take them out and serve

Now you have your Oreo Balls!

### ~ Mystery Photo ~ What could it be?

If you know, put your guess in  
the WHMS Times mailbox in the  
main office.

