

7th Graders Look Forward to Performing One-Act Plays

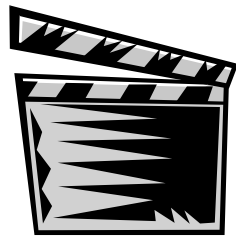
by Mrs. McCarron

On Tuesday, February 23 and Thursday, February 25, the two 7th grade Communications classes will perform their one-act plays, *The Mystery at Throckmorton Manor* and *The Soldier, the Watch, and the Tinderbox*. Kindergarten through third grade will see both plays on Tuesday starting at 9:45am. Fourth and fifth grade students, along with the middle school students, will see both plays on Thursday starting at 9:45am. There will be an evening performance for family and friends on Thursday, February 25 at 7pm.

The Mystery at Throckmorton Manor is a comedy that takes place in the 1930s and includes a widow of a once-famous movie producer, detectives Long and Short who are hired to solve a theft at her Hollywood mansion, and a variety of unusual characters who either live or work at the mansion.



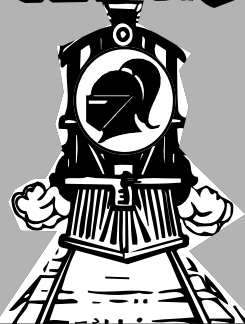
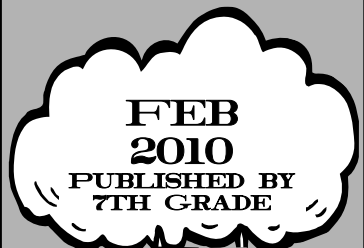
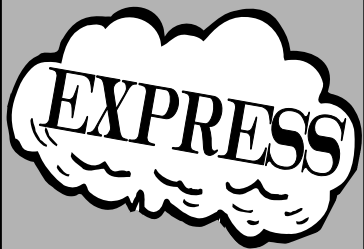
The Soldier, the Witch, and the Tinderbox is an adaptation of Hans Christian Andersen's classic tale of a young soldier who finds love and fortune with the help of a witch and three magical dogs.



A Special Issue of the MidKnight Express

In January, the 7th grade Communications students wrote their own video scripts and then produced the presentations at the Valley Access Channels' TV studio. Their assignment was to persuade their viewing audience to change a behavior that would make this world a better place.

For this issue of the *MidKnight Express*, the students used the information that was in their video scripts and created newsletter articles. Hopefully after you read their articles, you will be persuaded to change some of these behaviors and make your life and this world better!



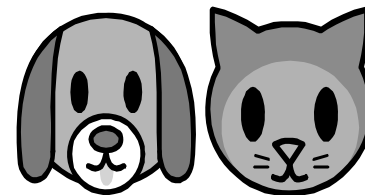
Pet Adoption is the Option!

by Clare Olsen, Misty Vogel, Danielle Renteria, and Jennifer Hammer

In these next few paragraphs you will experience two sad stories that will make you want to drop everything and adopt a pet. You will read about a once-abandoned dog and a used-to-be neglected cat. Want a friend? Pet adoption is the option!

Rose Bruchu, a 7th grader at SCCS, adopted her dog, Toby, at the Humane Society in 2006. Toby is a Boxer and bloodhound mix. His previous owners abandoned Toby with his one sister and two brothers. The Humane Society found them, and brought them into their care. When he was found, Toby was very skinny, and now he's healthy and happy. Rose is happy that she adopted Toby. Toby is an indoor and outdoor dog who loves the farm. He is a hyper, playful dog who has asthma, but that doesn't stop him from chasing the cows.

Rose said, "Toby is a great dog, and I would recommend adopting." Rose loves Toby and Toby loves Rose!



Misty Vogel is a seventh grader here at St. Croix Catholic School. Misty has always loved cats and thinks that cats are the best. Misty adopted her cat, Socks, in April of 2008. Misty says that she and her family were looking at www.humaneociety.org. While at the site, Misty noticed a three month old kitten that had been thrown out a window, on the third floor of a house. Misty claims that she was a little nervous at first to bring Socks home, because she was still recovering from the loss of her other cat, Prince. Misty says, "Animals are great friends not because they talk, but because they listen." Socks is Misty's best friend even though he is a cat. All pets need food, water, a warm place to sleep, and most importantly, love.

Pet Adoption is a great decision. You give an animal a second chance to live, to be loved, and to give love. Giving an animal a second chance to live, to be loved, and to give love shows that you care about more than just you. If you want to get started on adoption, go to www.petfinder.com, www.humaneociety.org, or www.ASPCA.org. Don't forget that pet adoption is the option.

Drunk Driving

by Max Stevens, Tucker Tomek, and Will Henschell

Be aware of drunk driving; it has killed many people. In 2008, drunk driving killed 161 people in Minnesota alone. It is illegal and you can go to jail for up to 7 years and get fined up to \$14,000. Your license can be suspended after you get released from jail. You can make a difference by asking anyone you know to not drink and drive.

In 2006 41,951 people were arrested for drunk driving. First think how much of a chance there is that one could hit you or your loved ones. We interviewed Patty Dierberger, a 7th grader at SCCS. We asked her how she describes a drunk driving accident and she said, "An accident that can kill multiple people in only one accident." She is right; so many innocent people lose their lives because one drunk person decided to drive instead of letting someone else drive them or taking a cab.

As was said, drunk driving kills many people each and every year. If you know someone who has driven drunk before, tell them statistics of drunk driving. In 2008 a total of 37,261 people died in the United States. Thirty-seven percent of that was drunk-driving related.

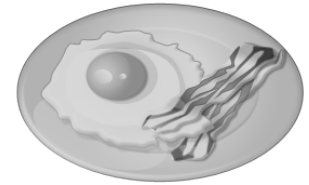
Why Eat Breakfast?

Find out why Breakfast is the most Important Meal of the Day

by Matt Treacy, Lauren Lampright, and Sophie Wallerich

We all know breakfast is good for us, but do we really know how vital it is? “There’s not enough time in the morning,” says Brandon Rolf, a sixth-grader. We all know how hard it is to get up in the morning, and eating breakfast seems like the least of our problems. Another excuse is not being hungry.

Eating breakfast is more important than we think it is. The American Dietetic Association says that eating breakfast gives you better concentration and problem-solving skills, so it can help you with your schoolwork. All breakfasts should include the five major food groups to ensure effectiveness. The five major food groups are: dairy, grains, fruits, vegetables, and protein. Milk, fruit, juice, and cereal are great ways to include the food groups in your morning meal. When we asked Patty Dierberger what she thought about breakfast, she said, “I know breakfast provides us with energy.” She is absolutely right. Eating breakfast gives you the energy you need to get through your day.

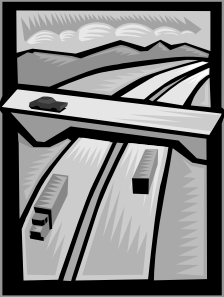


So next time you consider skipping breakfast think about why it’s the most important meal of the day.

Adopt A Highway

An outstanding program that picks up tons of litter on streets

by Brian Treacy, John Talbot, and Colin Little



Have you ever seen a littered highway? Just think, people are littering and harming our world. There is a program that contributes to the solving of that problem. This program is Adopt A Highway. Shane Colburn said, “It is a good idea, and I feel it will help the world.” The following paragraphs will teach you about the program, how to get involved, and some statistics about it.

This program helps clean the highway. Groups or businesses pick up litter on a highway for at least two years. The section of highway is usually around 2 miles. The groups pick up litter on both sides of the road. The groups also can do a one-time project.

People have picked up litter on 12,000 miles of highway. That is 26,000 tons of litter each year! About 55% of littering is intentional while the rest is usually from the trash flying out the window. If the police catch you, you could be fined from \$400-\$700. As you can see, this program is very helpful.

Here is how you get involved. First, you must know that the highway you have picked will be yours to keep clean for the next two years or more. Then, you must pick up litter on approximately two miles of highway. After that, you pick up litter on both sides of the road or near the road every two weeks. Finally, you must notify MN/DOT after every pickup. Overall, Adopt A Highway is a great program that helps the environment!



Recycling



GOING GREEN IS GOOD

by Tommy Alessi, Molly Barrett, and Marta O'Malley

Our topic is about how to “Go Green.” There are certain categories of going green such as saving water, electricity, and energy, and also recycling.



We interviewed Emma Benson, Mrs. McCarron, and Nick Christian. We asked Emma about recycling. She said she recycles and feels good about it, because she knows she is helping the environment. She also said she wants to recycle more. We talked to Nick about how he tries to go green around his house. He responded by saying “I turn off lights when I leave a room, recycle, and turn off the faucet when it is left on.” Mrs. McCarron said she also turns off lights, and turns off fans when she leaves a room.

Did you know that if you recycle one aluminum can, you can run a T.V. for three hours? If all the newspapers we use were recycled we could save 250,000,000 trees a year. If every American household went online to view and pay their bills, it would save over 16 million trees. You can help, too, by doing things as easy as throwing a can in a recycling bin or turning off a light.

Renew, It's for You!

by Shane Colburn, Grant Bowersox, Anthony Wald, and John Gribble

We all know that recycling is good for the environment. You may not know, however, some of the facts that you will be reading in the next few paragraphs.

Aluminum recycling has become increasingly more popular over the last twenty years. Used aluminum beverage cans are the most recycled item in the U.S.A. Recycling one aluminum can save a half a gallon of gas. Because so many are recycled, aluminum cans account for less than 1% of the total U.S. waste stream. Also, there is no limit to how many times an aluminum can can be recycled!

Glass recycling is also popular. Every month, we throw out enough glass bottles and jars to fill up a giant skyscraper, all of which are recyclable. A modern glass bottle would take four thousand years to decompose! The energy saved from recycling one glass bottle can run a 100-watt light bulb for four hours.

Toxic waste isn't one of the most popular recyclable items, but can be just as important! It hurts the environment faster than it can heal itself. MP3 players, batteries, and mercury are the top three toxic waste products in the world. Computers can have their circuit boards, memory chips, and hard drives reused in future models.

We also interviewed SCCS student, Sam Thueson. Sam said he recycles bottles, cans, and newspaper. He also added that when his family is about to throw out paper that's been used on only one side, they use the blank side, cutting down paper waste. When asked why he thinks recycling is important, Sam answered, “If you don't recycle, trash just goes in a pit and stays there for a very long time.”



Healthy Life Style

by Mikayla Schraut, Agwa Watba, and Patty Dierberger



Being healthy is very important for everyone. It is important that you exercise daily and eat right by avoiding too much junk food and soda. You can visit local gyms to be active, or you can play outside and join sport teams. There are many benefits of being healthy, including making new friends.

Part of being healthy is eating right by having a healthy diet. Every meal should include fruits and vegetables along with proteins like pasta or meat. Also it is important that you drink milk every day, because it's a good source of calcium. Calcium can strengthen your teeth and bones.

Another part of being healthy is getting exercise and being active. Staying active can be fun, because you can make new friends and being active can also relieve stress. To stay active, you can play sports such as basketball, football, baseball, and track. Children should exercise every day for at least sixty minutes, and adults should exercise for thirty minutes a day. Not being active can lead to obesity, fatigue, depression and can increase your chance of getting a heart attack or dying from a heart disease. "A healthier person and lifestyle make you happier," says seventh grader Sophia Wallerich.



Football is a physical sport that keeps the players on their toes so they can be ready for anything. Football players are very healthy because of the way they exercise and because of what they eat. Famous football players realized that kids might not have fancy equipment or personal trainers, so they made an organization called Play 60. Play 60 is supported by the National Football League (NFL). The NFL wants us to get outside and be active for at least sixty minutes. More information can be found at

NFLrush.com. This website offers tips from a nutritionist on how to eat right, and it has information on the NFL teams.

It is very important that everyone stays active and eats right. When we are active by joining sports teams, we are helping not only our bodies, but also our social life, because we have the opportunity to make new friends. NFL football players know how important it is to be healthy and to be

active; we should be like them and have our body be healthy and strong. Being active and eating right is a small change that can greatly affect your life.



Hurtful Words

by Josh Nelson, Alex Eder, and Lucas Campbell

Hurtful words will often times turn into verbal bullying. Verbal bullying is wrong, and it hurts people's feelings, so we should not do it. Everyone needs to know what verbal bullying is, and that there will be consequences if you use these words, especially if they are used in school.

People should not use verbal bullying and others should not encourage it. Verbal bullying can severely hurt someone's feelings. Verbal bullying includes negative words, mean phrases, and sarcasm. Sometimes you have no idea that you are using hurtful words. We all need to be careful about what we say. TV, movies, and peers can sometimes influence students to use hurtful words.

When you use hurtful words, there will be consequences at SCCS! From kindergarten through fifth grade one of the consequences will be getting a conduct referral. If you are in sixth through eighth grade, you will get a demerit and, if it happens repeatedly, you will get a detention. Mrs. Epperly said, "When called on, they usually stop."

People can be greatly affected by verbal bullying or the use of hurtful words. You never know when you might become the one being bullied. If you are the victim of verbal bullying, always tell a parent, teacher, or other trusted adult. We should all be more careful of what we say.



Sponsor a Child

by Joseph Riehm, Sam Thueson, and Joey Fedor

You can start saving the world one life at a time if you sponsor a child with ChildFund. Many people have misconceptions about sponsoring a child. Three very common misconceptions are how it benefits the child, how you can sponsor a child, and what it will cost you to help the child stay alive. In the next few paragraphs, you will discover what little effort it takes on your part to make a whole lot of difference on the child's part.

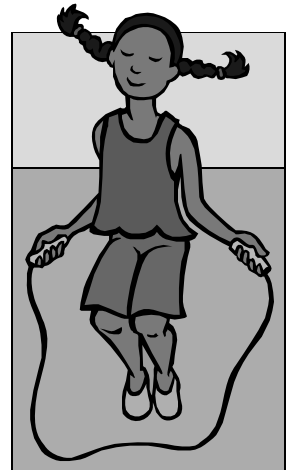
One program that provides the opportunity to sponsor a child is called ChildFund. It helps children in 31 countries around the world, including the United States. Sponsoring a child will give that child education, healthcare, and food. Donating will give a child the money they need to help pay a medical bill, money for food, or getting a home to live in. Every little bit you give helps the children a lot. Funding a project will build medical centers, give tools that keep mosquitoes containing malaria away, and build playgrounds for kids.

You can follow these quick painless steps to help save a child's life. First go to www.childfund.org on your internet browser. Next click on sponsor a child, make a donation or fund a project. If you click on "sponsor a child," you will get the option to pick a child to sponsor, and just like that you start sponsoring them. If you pick "donate," you can pick the amount of money you want to give. If you choose to clicked on "fund a project," you can look at the project goals (such as building a well or a hospital). Click on the one you want to donate to, and then it shows you how close they are to raising the money they need for that goal. Then you can pick how much you want to give.



If you think that you cannot donate anything to this charity, then you might be surprised by this information. Sponsoring a single child will only cost you less than a dollar a day. If you still can not contribute that much, then you can make a yearly donation of however much you can. Even if you can only give a dollar or two, you are helping a child to live another day. You can sleep easy at night knowing that your money was spent well in helping others as Christ did his whole life.

We hope that this article has made you think about sponsoring a child. Brian Treacy's family sponsors a child and he said, "This is a very good program for a great cause." There is one last thought that you should think about. Which one is more important to you, your morning cup of coffee, or helping save a child's life?



Internet Safety

by Jaime Purdie, Rose Bruchu, Metich Ajak, Elliana Sherman, and Catherine Wessel



Internet Safety is important. You need to know what is safe to do and what is not. We are going to tell you about some of these websites like “Facebook” and “myspace” and see what Mrs. Donlon has to say. Mrs. Donlon is the St. Croix Catholic School computer teacher.

Mrs. Donlon starts teaching her kids the dangers of not being safe on the Internet in kindergarten.



She also teaches the older kids about cyber-bullying and all the possible effects. She said, “You have to be careful with the people you are talking to and the pictures you are posting, because they will be there forever.” While interviewing her, she told us that she disagrees with Facebook, Myspace, and other similar organizations where people can look at what you say and the pictures you post. She advises that if you do join a social network you should make sure that your profile is private and only open to people you know. If your profile is public, people can see all your personal information, and that is not safe.

When you make a Facebook or Myspace or even an email account, you should use a nickname online so that strangers do not discover your identity. Also, your password should be something that nobody could figure out. You should not share your passwords with friends. If you need to tell someone your password just in case you forget it, make sure it is a parent or trusted guardian. Parents should always be aware that you have set up an account.

Everyone should take Mrs. Donlon’s advice and always be safe on the Internet. If you have anymore questions, you can go to these Mrs. Donlon approved websites: <http://www.netsmartz.com> and <http://www.cybersmartz.com>.