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Chief Editors: J. Mary Auringer/K.Wenzel



BY Jesse David Lent



Spotlight on 5th Grade

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The Little Dipper

Written by Ryleigh Goodrich

Edited by Tori Guardino and Mary Auringer

It's a boy! Mrs. Dippel had her first baby the Little Dipper. On November 12th Mrs. Dippel and her husband David welcomed a new part of their family, Lucas Robert Dippel. The baby is healthy and Mrs. Dippel is doing fine! He weighs seven pounds, nine in a half ounces, and twenty in half inches long. He was born at ten a.m. Mrs. Dippel has sent us many pictures. Lucas has a lot of dark hair and he is very cute. We are glad to have this new addition to our RGS family!

FANTSTIC F DAY FUN

Written by Alex Lawson

Edited by Karyn Murphy and Victoria Schowang

All of the F Day activities are a great way of getting together with one another. The F Day activities go on every five weeks. Then we take one week off from the activities. All of the teacher and Mrs. Hannum decided what kids would go where and how many kids would fit in each group. "I think that the activities also help with getting healthier," explained a student. Some of the activities are cooking with Mrs. Osborne and Mrs. Stoico or Fairy Tales with Mrs. VanderPoel. I think that this is a really fun end of the day activity for everyone!

Fourth Grade News

Written by Melody Naccarato

Edited by Kyla Wenzel and Allison Long

In fourth grade, we have been preparing to take the NYS fourth grade tests. The test that we are currently studying for is the NYS ELA test which will be given in January. We are reviewing strategies for reading fiction and non-fiction. We are also learning how to use a FOUR SQUARE to organize and write an essay. In our class, we also have weekly tests that are important for determining our grades for our report cards. In fourth grade, we do a lot of studying to prepare for school and NYS tests!

Teacher of the Month: Mrs. Winchell

Written by Beth Allred Edited by Seth Lyons

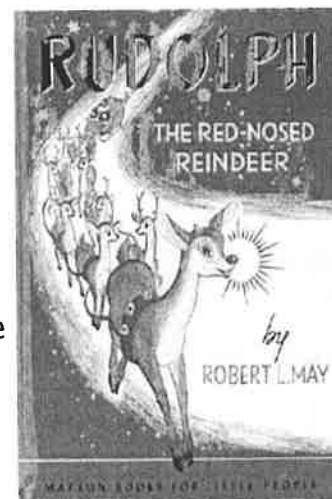
Our teacher of the month is Mrs. Winchell. Mrs. Winchell has 17 kids in her class. She has been teaching for a little more than 30 years. If she wasn't a teacher she would have been a motivational speaker. She said, "My class is always great every year." All of her kids have only reading for homework. After all, they work hard every day. Mrs. Winchell is a great teacher of the month.

The History of Rudolph

Written by Danielle Delmonte

Edited by Joscelynn Genter

I bet everyone knows Santa's lead reindeer Rudolph! Well, I bet you didn't know that Rudolph was discovered in 1939. That was really long time ago wasn't it? A children's author, Robert L. May wrote the BOOK called Rudolph to sell at the Montgomery Wards store. Then the hit movie Rudolph the Red-Nosed Reindeer came out in 1964. If you haven't seen the classic movie, watch it over the holiday break!



Being Healthy

Written by Jade Mitchell

Edited by Rudy Weitze
and Riley Dart

The holidays are right around the corner. People celebrate this special time of the year in different ways. Some people celebrate Christmas, some celebrate Chanukah and Kwanzaa.

Christmas is a religious holiday that the Christians celebrate the birth of Jesus. It is a time for giving presents, Santa Claus and caroling. Some foods that are eaten at Christmas are foods like ham, pies and potatoes.

Kwanzaa is a non-religious holiday celebrated from December 26 to January 1. Kwanzaa means first fruits of the harvest. Some of the foods eaten on Kwanzaa are potato pie, fried okra and bean cakes.

Chanukah is celebrated by the people of the Jewish religion. Chanukah last 8 days and celebrates the Jewish military over the Greek Syrians. Some food that people eat are dairy, donuts and potato latkes.

During this holiday time, is very difficult to eat healthy all of the time. Remember to eat fruits vegetable and exercise!.

RECIPE FOR BANANA CREAM PIE →

Jesse's
Art

Top 5 Holiday Eating Tips

Written by

Edited by

There are many healthy holiday snacks that taste good and are good for you!

- Low fat yogurt with some fruit
- Vegetable platter with low calorie vegetable dip
- Cheese and crackers
- Strawberries dipped in a little bit of chocolate
- 5 pretzels with a spoonful of dip

As you can see there are many healthy holiday foods that are

OPINION: The War in Iraq

Written by Johnathan Clark

Edited by Patrick Marsh

Over the last couple of years, The War in Iraq has become a very serious issue. The invasion started on March 20 2003. I believe that it is a very noble deed for the soldiers to remain in Iraq protecting our country. However, this war has been going on for almost five years. I believe that it is time to withdraw the troops from Iraq. I feel that during the time our soldiers have been over seas in Iraq. We have accomplished a lot. But I think that the war should end soon. I strongly believe that we've achieved all that we can in Iraq and we should withdraw our troops.

Banana "Cream" Pie

An old-fashioned favorite with a new profile: A non-fat yogurt base replaces the traditional cream filling.

MAKES 8 SERVINGS

12 graham crackers (2½" squares), made into crumbs

4 teaspoons margarine

4 bananas, thinly sliced on the diagonal

2 tablespoons fresh lime juice

1 envelope unflavored gelatin

⅓ cup sugar

1½ cups plain nonfat yogurt

1 teaspoon vanilla extract

Grated lime zest

1. Preheat the oven to 350° F; spray a 9" pie plate with nonstick cooking spray.

2. In a medium bowl, combine the graham cracker crumbs and margarine with a fork. Press into the bottom and up the sides of the pie plate. Bake until firm, 3–5 minutes; cool.

3. In another medium bowl, toss the bananas with the lime juice; reserve 1 cup. Arrange the remaining bananas over the crust.

4. In a small saucepan, sprinkle the gelatin over ½ cup cold water; let stand 2 minutes. Add the sugar; cook over medium-high heat, stirring constantly, until the mixture boils and the gelatin and sugar dissolve, 2–3 minutes. Remove from the heat; whisk in the yogurt and vanilla. Pour into the pie plate. Arrange the reserved bananas over the pie; sprinkle with the lime zest. Refrigerate, covered with plastic wrap, until chilled, 2–3 hours.

Per serving: 175 Calories, 3 g Total Fat, 1 g Saturated Fat, 1 mg Cholesterol, 120 mg Sodium, 33 g Total Carbohydrate, 1 g Dietary Fiber, 4 g Protein, 92 mg Calcium. POINTS per serving: 4.

Happy Holidays!

-The RGS Reviewer Staff

Attention all RGS Reviewer Members
The next meeting of the RGS Reviewer
will be in January of 2008.

Sports– Written by Dane Warren and Danny Garner
Edited by Jordyn Schwark and Robby Sepesi



FALL SPORTS The National Football League



Football is a fun and exciting sport to watch. In the NFL, the Miami Dolphins have lost their first 12 out of 16 games. The last team to lose every game in the season was the Tampa Bay Buccaneers in 1976. The New England Patriots have won ALL of the games they have played. The last team to win all of their games was the Miami Dolphins in 1972. Wouldn't it be ironic if the Dolphins lose every game and the Patriots win every game in the same year? If you are not a football fan, you should try to catch up on the games before the Superbowl. After all, watching professional football has never been so exciting!

Improvements in Port Ewen

Written by Maggie Goscinski Edited by Danielle Breithaupt

There have been many improvements in Port Ewen. If you look on Broadway you'll see that many things have changed. First there were just new sidewalks. Then construction workers put up lamp posts, garbage cans, and even trees! The lamp posts don't work yet but they will. There have been many interesting things built for the public's enjoyment.

TELEVISION REVIEW

Written by Mariah Longendyke
Edited by Chirstian
Osterhoudt
and Brian Longto



SpongeBob has done it again. On November 12, 2007, 3 millions viewers, including myself tuned into SpongeBobs first TV movie, "SpongeBob Atlantis Square Pants." This bubbly movie was about the oldest bubble in Atlantis. SpongeBob and his pals Patrick, Sandy, Squidward and Mrs. Krabs travel to Atlantis on a magic bus to see the world's oldest bubble. However, Patrick's bad luck gets him into trouble when he tries to take a picture of the bubble. To see what happens to SpongeBob and the rest of his sea friends, watch this fantastic television movie!

MUSIC REVIEW

Written by David Higgins

This past month, music rocked Radio Disney! One of the most requested songs was SOS by Jonas Brothers. The **Top Five** songs were:

- 5- I Don't Think About It
- 4- Bet on It
- 3- Fabulous
- 2- Girls Night Out
- 1- SOS

You can listen to Radio Disney on 1390 and 1410 AM! Have fun!