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The Flying Eagle

The Flying Eagle is brought to you by the student news crew at East Intermediate. Fourth graders from Mrs. Baker's class, under the direction of Mrs. Thomas, write, produce and distribute the paper.



Mrs. DeSchepper was crowned "Queen of Hearts" during East's 20th annual *Jump Rope for Heart* week.

Be A Heart Hero

By Anson Norton

East Intermediate students *Jump Rope for Heart* to celebrate heart health and get fit. It also helps to raise money to support healthy heart programs. This is happening February 11th through February 15th in the East School gymnasium.

The *American Heart* association wants to

stop heart problems. People with heart problems can suffer and die. Students try to get people to make pledges, or promises, to give money to support healthy heart programs. Some students have asked for pledges like one penny for every jump. So stay healthy, get active, and get fit to keep your own heart in good shape. Also support *Jump Rope for Heart* by donating money to student jumpers.



East students enjoy jumping rope to get fit during *Jump Rope for Heart* week.

Martin Luther King, Jr.: A Hero of the People by Reed Hanes



We honored Martin Luther King, Jr. in January because he was born on January 15, 1929 in Atlanta, Georgia. Martin Luther King, Jr. is an American hero to many because he worked hard to make sure all people, regardless of their race, would be treated fairly and without prejudice.

On August 28, 1963, Dr. King gave his "I Have A Dream" speech. His speech was about treating people equally. He wanted that to happen because many African Americans were treated horribly. For example, they were not allowed to drink from the same water fountains as Caucasian people, and African American children had to go to different schools than Caucasian children. They couldn't eat in the same restaurants or stay in the same

hotels. Martin Luther King, Jr. helped make the U.S. a better place to live because he tried to peacefully convince everyone to get along and treat each other well. He wanted laws to change and be enforced so people would be treated fairly. He was married to Coretta Scott King, and they had four children. Dr. King was assassinated by James Earl Ray on April 4, 1968 for speaking out against prejudice.

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Groundhog Sees Its Shadow!

by Tyler Milton

Groundhog Day is celebrated on February 2nd each year. According to folklore, if it is cloudy when a groundhog **emerges** from its burrow on this day, then spring will come early. If it is sunny, the groundhog will supposedly see its shadow and **retreat** back into its burrow, and the winter weather will continue for six more weeks.





Students from Mrs. Heitkamp's homeroom (left) enjoy the awards they won during the 2nd 9-week's awards ceremony at East Intermediate.



Valentine Varieties Ashley Strosnider

for Valentine's Day? Some of their traditions are very different, and some are very similar to our own American traditions.

Japan is very different from us. Japan has 2 Valentine's Days! On February 14th, the ladies in Japan give gifts to their men friends or to any man close to them. On White Day, March 14th, men give gifts to women, who give them gifts in return. In Australia, Valentine's Day is a very well-celebrated festi-

val. It is said that men in Australia buy more cards than women do. In Scotland, people send cards to people who are near and dear to them. Everyday people wait for the mailman's arrival when Valentine's Day is near. This is very similar to American customs.

Different countries have different traditions for Valentine's Day. Maybe you could try some of their Valentine's Day traditions.

Awards Ceremony

By Jordan Warner

Many students at East Intermediate School received awards on Jan. 31st for:

1. having no missing assignments
2. getting on merit role
3. getting on honor role

If you won one of these awards, you would get a certificate with your name on it, and one or two free taco coupons for Taco Bell (depending on which award you get). If you did not get an award this quarter, try your best to get one next quarter. Awards ceremonies are held every 9 weeks in the gymnasium.

Valentine Varieties!

You probably know all about the traditions we have for Valentine's Day in America such as sending Valentine cards to friends and family, giving candy, and giving gifts to your special someone. But have you ever wondered what different countries do

To the Editor : Stop that Bullying!!!

By Christian Warner

Bullying can really hurt people's feelings. When people bully you, it makes you feel left out, sad and uncomfortable. There are many types of bullying. Bullying can be as simple as teasing someone or excluding them. Bullying can also be as serious as threatening, stealing, kicking, hitting and calling names.

People bully to get attention and make other people feel bad. People also bully because it makes them feel better and they enjoy it. Sometimes people are bullies because they think it makes them seem cool. There are lots of ways to get attention and be cool without being mean to others!

You can help prevent bullying. If you see someone getting bullied, stand up for them. Tell the bully what bullying means. If it keeps happening, tell an adult. If you see someone getting bullied, you can be part of the solution.



Character Carnival

By Felicity Lance and Faith Mansfield

On December 19th, the Character Carnival took place at East School from 5:00-6:00 P.M. There was a lot going on, like games, food, dancing and much more. Students could attend if they had not gotten in trouble at school.

There were many games at the carnival including mini putt-putt, knock down bottles, spin the wheel, car races, ping-pong toss, sucker pull,

and roll the dice. If you wanted to run a game, you had to be a member of the

Student Council.

There were plenty of fun things to do at the carnival, but a favorite that was very popular was dancing. Everybody loved it! The winners won awesome book bags or a book. The dance winners were: Jordan Warner, Taylor Gonzalez, Kaitlyn Gonzalez, Makenzie Baker and Josh Tompson.

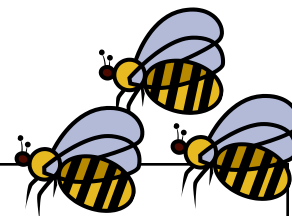
Along with all of the great activities were fun prizes. If you won a game, your prize might be a Greenville tattoo, erasers, candy, crowns, pencils, and much more.

A favorite of the night was the prize patrol. What is the prize patrol? That is when a Student Council member has a box of prizes to give away, and they go down the hallway tossing prizes to lucky winners.

To go to the Character

Carnival, you have to follow the school rules. If you choose not to, you must give up your dreams of going. Here are the rules to follow: no lunch detentions, no write-ups, be good in class.

The Character Carnival is a very good reward for those who obey and follow the school rules. So be on your best behavior and you can have fun, too!



“Bee-ing” a Good Speller

By Chloe Freeman

A school spelling bee was held at East on December 17th at 9:30 in the morning. There were 25 contestants from the fourth grade. Parents, grandparents and other fourth graders watched as the contestants stepped to the microphone to spell words.

Ryleigh Barber was the first speller, and after she began the bee, each speller took a turn spelling a word called out by Mrs. Holm, a teacher at East. If a student spelled

a word wrong, Mrs. Duncan, one of the judges, would ding a bell which meant you were out. If you spelled a word right, you would sit back down and wait for your next turn. Judges for the bee were Mrs. Lee, Mrs. Duncan and Mrs. Thomas.

After many rounds, two contestants remained...Caiden Lutz, from Mrs. Timmerman's class, and Chloe Freeman from Mrs. Baker's class. Chloe finally won the East Intermediate School spell-



Chloe Freeman, 1st place winner

ing bee with the word *revision*. Chloe and Caiden went on to represent East at the district spelling bee held at the Elks on January 16th. Jacob Watson, the 3rd place winner from East, was the alternate in case Chloe or Caiden couldn't participate at the district level.

“Students, don't be afraid to try a spelling bee because good things can happen,” said Chloe. Each year in Greenville there is a spelling bee for 4th through 8th grade. Ask your teacher how you can get involved!

A Sweet Treat

by Ryan Dull

I am your “how to” guy, and I will bring you ideas about things you can make yourself. Today's topic is **edible** (that means eat-able) snowmen.

First you will need the large and medium marshmallows. Use peanut butter to stick them together. The medium one goes on top of the large one. Then, stick two pretzel sticks on

both sides of the large marshmallow for hands. Next, get the top of an Oreo cookie (just the black part), and use peanut butter to stick it onto the top of the medium marshmallow (head). After that, get peanut butter, the chocolate chips, and the Air Heads Extreme. Take about half of the air heads and put them on the top of the Oreo cookie. Put them in

a circle so they can be peanut buttered together. Stick them to the top of the Oreo. Next, get two chocolate chips and stick them to the front of the medium marshmallow to make the snowman's eyes. Put three other chocolate chips down the front of the large marshmallow as buttons. Then get a small piece of the Air Heads and stick it under the chocolate chip eyes to make a mouth. Enjoy your sweet treat!



Isn't it time for another snow day?

Teacher Feature: Brian Stickel

By Aaron Suter

Mr. Stickel taught gym class at East school for 30 years before retiring last year. He came back this year and began substitute teaching. He also teaches P.E. part time on Monday afternoons and Wednesdays.

Mr. Stickel spent 5 years teaching at the

junior high before he came to East School. He came back to substitute because he said, “I missed the kids and because Ms. Kitty asked me to.”

Mr. Stickel plans to substitute for at least the next five years if he stays healthy.



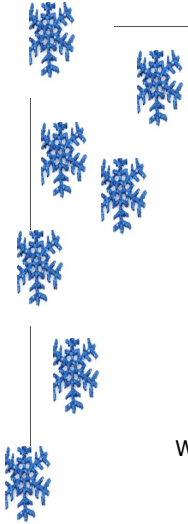
Teacher, Brian Stickel, Cheers for Award Winning Students during Award Ceremony.

Homework Help

Homework help is offered at East Monday through Friday right after school until 5:00. Children need written permission from parents to attend.

Transportation Changes

Please send a note or call school if your child's method of transportation changes.



Wonderful Winter

By: Gabe Taylor

Winter is ice-cream
Freezing, sparkling
Trails of footprints.

Winter is a cloud
Falling, towering
White marshmallows.

Winter is a freezer
Chilling, gleaming
Snowy nights.



Mrs. Timmerman's Award Winners

Ryleigh's Remedies

By Ryleigh Barber

Did you know that a small runny nose can be a symptom of something much bigger — the flu? Did you know that if you don't wash your hands, you can make other people sick? If your answer was no to these two questions, just read on. You have a lot to learn. I will teach you what you can do to stay healthy each time you read The Flying Eagle. Look for my column, Ryleigh's Remedies, and stay well!

It is flu season right now. Getting the flu is no fun! It's wa-a-ay worse than a common cold.

Symptoms of the flue are:

- A fever of 100 degrees or higher
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and body aches
- Chills
- Weak muscles
- Dizziness
- Vomiting and diarrhea (YUCK!)



If someone in your family or your class has the flu, you will want to take extra precautions to avoid getting it yourself. If you are sick yourself, take these same steps to avoid sharing your germs with others. Wash your hands for at least 20 seconds before you eat anything. The germs will go right down the drain. If a sink is unavailable, then use hand sanitizer or antibacterial wipes. Keep your hands away from your mouth and nose. Your germs are in your saliva and mucus. When you touch your face, your hands get germly. These simple steps can help keep you healthy.

"Ask Jaden"

by Jaden Sensano



Advice columnist, Jaden Sensano, and guest columnists will answer students' questions. Submit questions to the "Ask Jaden" box in the library. No silly notes or goofy questions, please. Just things about learning, friendships, school issues, entertainment for kids, etc.

Dear Jaden,

I would like to know how to do well on the OAA test everyone keeps talking about. What advice can you give me?

***Sincerely,
Not Quite Proficient***

Dear Not Quite Proficient,

First, eat a good breakfast on the day of the test. It may sound crazy, but it helps.

Second, don't be lazy.

Write complete answers and look over all your work when you're done. Don't forget to do any of the questions.

Third, don't rush. It is not a race to see who finishes first in your class. That will give you a bad grade.

Fourth, for the reading OAA, go back in the text (story) and underline your answer and your proof.

Finally, this is important...THINK! "Columbus is trying to trick you," says Mrs. Baker, fourth grade language arts teacher.

Don't be fooled. If you read lots of books, learn your math facts, and remember my advice, you will thank me later.

Now... let's ROCK COLUMBUS!!

Your pal,
Jaden

