

PLEASANT VALLEY MIDDLE SCHOOL

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The Man Behind "Positive is Powerful"

Mr. Seiler, the new principal of the Middle School sat down with me to share his thoughts and ideas about being in the front office. "I see the major role of me being principal is to ensure everybody has a positive and safe environment, as well as a fair and appropriate education. The first step to initiating successful change would be to let everybody know my ideas and what I want to do. I wish to bring change of what I expounded, and to get everyone on my energy bus as well." Mr. Seiler was interested in being principal because he taught here originally for 9 years, and then was the Technology Coordinator for 8 years. "I could see myself making changes in the district, but I couldn't see much improving. Being principal gives me the chance to change the school."

Positive is Powerful

Mr. Seiler admitted he was a very negative person 2 years ago and saw a need to change. "Mrs. Ammerman told me, 'You get more with sugar, than you do with salt.' So I started to understand

how being positive works. My wife actually gave me a weight loss challenge. I accepted the challenge. When I showed up to the gym, a woman named Kerri Jahelka gave me a positive is powerful bracelet as soon I walked in. I still wear the bracelet today." The book, *Energy Bus* written by John Gordan helped Mr. Seiler understand how being positive works as well. This book has also been shared with all the staff at the Middle School.

Outside of school

Besides being the principal, Mr. Seiler is a dad. He has a 22 year old step daughter and a son that runs track. He is also a Cross Training Instructor and repairs computers, iPods, phones, etc. He hunts using both bows and guns. He enjoys going to football games.

Mr. Seiler is truly PV Proud, and models and lives POSITIVE IS POWERFUL. The Middle School is very lucky to have a principal like Mr. Seiler.

-Alexander Fuller

Points of Interest

- ◆ Mr. Seiler teaches and lives Positive is Powerful
- ◆ The so much more that happens behind the serving lines of our cafeteria. Read the article on the last page to see how much work, time and planning goes into serving our students breakfast and lunch.
- ◆ What is happening in our clubs? Find out.
- ◆ How do students feel about the Positive is Powerful message?

AMD or Intel: You decide. Guest Reporter Kiano Garcia-Banks

Advanced Micro Devices or AMD has been competing with Intel, a company that is best known for making processors such as Celeron and Core. AMD has been making processors since 1969. Their processors such as Athlon and Phenom stay below \$200, according to Amazon.com.

Intel, on the other hand, founded in '68, first made the Intel 4004, a 740 kHz microprocessor, and the Pentium soon followed. Pentium was first a microprocessor but later became a processor for desktops. Pentium improved over the years, from Pentium II to Pentium III and so on to become Core 2. The Core 2 series later became Intel's main series of processors

as Core i3, i5, and i7. Intel Pentium and Celeron processors, according to Amazon.com, are below \$100 while Core i3, i5, and i7 range between \$100 - \$1,000, including Extreme Edition processors.

What brand would you buy? AMD

If you're a person who doesn't have money for an Intel motherboard, an AMD Athlon or Phenom dual core or quad core processor with the clock speed between 2.50 - 3.40 GHz is recommended. (Clock speed- refers to the frequency of the CPU. Clock speed has nothing to do with time.)

If you're a gamer, a Phenom quad core with the clock speed of 3.40

GHz, an A-series graphics processor, a processor with built in Radeon graphics, or an FX-series six or eight core processor with the clock speed of 3.40 - 4.40 GHz is recommended.

What brand would you buy? Intel

If you have money for a Intel motherboard and processor, an Intel Pentium or Intel Core i3 is recommended because of a 3 - 4 MB cache.

If you're a gamer, a GIGABYTE motherboard and Intel Core i5 or Core i7 is recommended. If you're an enthusiast, an Intel Extreme Edition processor is recommended, even though Extreme Edition processors can cost around \$700 - \$1000.

PVMS FALL SPORTS RECAP

Students who try out and make our PVMS fall sports teams not only had to be their best at every practice and game, but needed to learn how to juggle their classwork and homework. We have all heard the scores and updates during morning announcements, but our teams are more than just a score high-light. I spoke with athletes on all the teams to get a player's perspective of the season.

7th grade soccer

"The key moment of the season was when we beat Dingman-Delaware Valley 11-0, which brought up our confidence for the season," said Logan M. "I think that a great accomplishment of the season was when our team had everyone on our team score. This accomplishment shows that our team worked as a family throughout the season," said Michael T.

8th grade soccer

Jon M. thought that the most important thing about the team was that they treated each

other like family. Hunter Y. thought that the best part of being on the team was that he got out of school early when there was an away game.

7th grade football

"The best part of being on the team was that we all treated each other like family, and that we all worked together," said Tyler H. Anthony C. said that the key moment of the season for him was when I scored a touchdown after breaking a couple of tackles.

8th grade football

"The first win of the season was when we crushed Nazareth. It felt really good because they are our rivals. It also made us feel like a team," said Zach A. Vincent G. and William M. thought that the key moment of the season was when the team scored two touchdowns in the first half of one of their games, and the defense forced two turnovers in the first half of the same game.

7th and 8th grade cross country

"The best part of being on the (cross country) team was that we were able to run with friends and win," Aaron H. said. Kailin M. thought a key moment of the season was when Morgan Covart placed 3rd in an important invitational.

7th and 8th grade volleyball

Ari W. thought that the key moment of the season was when they were 5-5 with one game left in the season, needing a win to have a winning season, and they won. Juliette V. thought that the best part of being on the team was that she could have fun and play with friends.

7th and 8th grade field hockey

"My favorite part of the season was when we went to Wendy's after a game," said Morgan. Meara H. thought that the best part of being on the team was being able to score a goal for the team.

Good luck to all of our Winter Sport athletes that are beginning their season!

-Caleb Jacoby

Outside the Classroom Walls: Ms. Rusnock

Ms. Rusnock was born on August 28th, 1982 in Reading, Pennsylvania which is two hours from here. Since Ms. Rusnock's mother was a teacher she was interested in teaching from childhood. She loves to help kids with needs. She went to Marywood University for 4 years for her Bachelor's Degree. She received her Master's degree from Wilkes University. She loves to watch the school's football, baseball, and soccer teams; and LOVES to shop. She is an avid reader and loves making crafts. When Ms. Rusnock was in high school, she was on the soccer and track team, inducted into the National Honor Society, and was an active member of the Key Club which does community service activities. In Middle School, she was in the Student Council. She loves playing on her iPad and playing Super Mario Brothers.

-Stephanie Reyes

Outside the Classroom Walls: Mr. Lesoine

Mr. Lesoine is a 7th grade science teacher and has been teaching since 1996. Many of his students agree that he makes science fun. Outside of school, when he is not spending time with his 9 year old son, he trims and cuts trees. A job like that is very "hands on," very much like being a science teacher. He likes to see his students succeed with problems, and sometimes that takes time. He enjoys working with students as he helps them understand Life Science through hands on activities. Mr. Lesoine enjoys having fun. About a month ago, the school was treated to an amazing assembly about making good choices and being a good person. About half way into the pep-rally the guest speaker asked the students to point to a favorite teacher. Many students pointed to Mr. Lesoine. He jogged down the bleachers and was challenged to do 10 push-ups in front of the entire student body, and he did. He was then asked to copy each of the basketball tricks and skills the guest speaker was doing. Mr. Lesoine truly showed his fun side and willingness to make everyone laugh by copying the tricks the best he could. He couldn't do every trick, but he kept trying and had fun. Mr. Lesoine is an excellent teacher inside and outside his classroom walls.

-Sophia Johnson

Outside the Classroom Walls—Mr. West



"I was proud to serve!"

Mr. West is an 8th grade math teacher. He became a teacher because it's what he had always wanted to do. He likes to help students become responsible, young adults. Mr. West was in many sports and clubs when he was younger including class president for four years, Spanish Club, football, basketball, and tennis. He definitely likes sports. He enjoyed school when he was younger, and math was his favorite subject. He went to Penn State. Outside of school he likes to spend time with his daughters, go to concerts with them and hunt. Teaching is his dream job. A fascinating fact about him that not many people know is that he has seen 70 something concerts. He also served our country. In his words, "I was proud to serve."

-Madison Santiago

The Eyes of a New Bear

A new school and a new school year has begun. Me, a Stroudsburg Mountie, entering the doors of Bear Land! Butterflies, fear and shyness overcame my courage. One step can lead me to be the most popular, or a downfall, in the popularity chain. "Stay cool. Stay calm. Fear is a four-letter word," I tell myself as I navigate these new halls. As John Clarke once said, "Go back a little to leap further." Pleasant Valley Middle School, here I come.

Positive is Powerful! I am positive I am going to get lost! But many students didn't know where to go and bumped their way to their classrooms and new teachers, like bumper cars on the boardwalk.

After a few {a lot} of mis-turns and confusions, I made it to my homeroom. Where every morning I could enter a haven of who were strangers and now I can call friends; or my fear that it could have been a hostile environment.

Days seem to be flying by and the classes seem much faster than it did the first few days. New friends are a treasure that keep multiplying. Teachers are not to be feared, but offer ways to become a better person everyday. Some students will be like, come on William, or I don't know you anymore, but I wish classes and school were longer because of the enjoyment.

Lucky for me that my schedule is filled with new friends, kind people and great teachers. PVMS is where we can all get a great education and have a little fun while we are at it. I am throwing away my musket, fur jacket, and that awful maroon {Stroudsburg's logo, Mounties}, and getting that perfect blue, what the cool kids are wearing these days, and a bear face that's ready to strike. I'm finally in my habitat— I am a Pleasant Valley Bear!

-William Widarsono

*Friends are a treasure
that only keep multiplying.
Teachers are not to be
feared, but offer ways to
become a better person
everyday."*

Outside the Classroom Walls—Mr. Fleming



Everyone knows Mr. Fleming is a geography teacher at PVMS. What people might not know is he is very good guitar player! Mr. Fleming started playing the guitar in high school, and as an adult he played professionally and publicly for three years. When Mr. Fleming was in high school he knew he wanted to be a teacher; he went to Penn State to reach that goal. He has been teaching for ten years and is still playing the guitar. He loves to pick it up at anytime for fun because Mr. Fleming enjoys learning new songs. Mr. Fleming is also an avid Pittsburgh Steeler fan and shares his support with all of his classes each year.

-Melanie Reyes

AFTER SCHOOL CLUBS AND ACTIVITIES?

Something for Everyone here at the Middle School

The Middle School not only has great classes, teachers and awesome sports teams; there is a club for just about every interest. Teachers and staff members stay after school with students from 7th and 8th grade who participate in their very unique clubs.

DRAMA CLUB

The Drama Club performed *One in a Million* on November 8 and 9. Two orphans receive a lottery ticket, and it may be the winning ticket. Led by Mrs. Kresge and Mrs. Gougher, the cast consists of 20 students. Students needed to try out for the parts and then stayed after school for over a month to learn their lines and how to move on the stage. Who will be decorating the backdrop and help create the sets for the school play and musical? That would be the Art Club.

ART CLUB

The Art Club consists of 10 students who have an interest in drawing and painting. These students help design sets, props and the backdrop for both the Fall drama and spring musical. They also design and decorate the front windows with a painted winter scene. All around the school, the club will be hanging their art. The club's advisor is Ms. Feerrar. They will be going on a field trip in the spring. It is yet to be announced as to where they are going.

STUDENT COUNCIL

The Student Council is a large group of students who decide on different projects throughout the year. They will be organizing a Sock Drive for Veterans. They will also be raising money for field trips by doing face painting and more. Their club is advised by Ms. Reborchick.

THE BUILDERS CLUB

The Builders Club is a stepping stone to the PVHS Key Club. The students decide and then organize different community service projects throughout the year. The goal is to create projects that positively effect the PV family, the West End community, the country and beyond. Mrs. Dekmar is the faculty advisor and has been since her days at PVI. In November, the Builders Club will be collecting food during the Annual Food Drive and toys for Toys for Tots.



December 9th –16th they will sell Candy Cane Grams for \$1.00 during HR. They will be distributed during Remediation on the 18th. In January they will organize a Hat and Mitten drive for the PVEN.

YEARBOOK CLUB

Every year there are yearbooks for sale that have pictures of the previous year's events and students. At the MS, students chosen to be part of the Yearbook Club take the pictures and learn how to organize each page.

Mrs. D'Agostino is the faculty advisor and has been helping students learn how to set pages, find themes, choose colors and quotes for each yearbook for the last 10 years. Yearbook Photographers, throughout the year, try to capture the events and moments so that they can put together the best yearbook ever. Yearbook orders are due by December 20, 2013.

ECOLOGY CLUB

Report contributed by Danielle Formato

On Friday, October 18th, the entire Ecology Club went on a field trip to Beltzville State Park for a stream study with Mrs. Pekala and Mrs. Hill. From the bus ride to the stream study to lunch, the day was filled with laughter and everyone had a great day. Fortunately, there were only a few people who fell into the stream. Once we arrived at Beltzville, the club members went on a small hike up to the Sawmill Creek which was our stream study location. We were instructed to put on our waders and then enter the creek to get samples and find water creatures. Many club members found stream creatures such as crayfish, stoneflies and water pennies. We tested our water samples and checked the Ph level. We all found that our samples were at a 5. All of our results indicated that our stream was a clean, healthy ecosystem. It was a great day for everyone in Ecology Club and we will always remember it.

CRAFT and CROCHET Club

Mrs. Dudak, Mrs. Miexsell and Mrs. Arnold helped members of the club members make angel ornaments to be given out to the veterans on Veteran's Day. Also they are currently crocheting and knitting hats and scarves to be donated to the homeless.

-Shannon Carr

VOICES FROM THE PVMS HALLS: *What are your feelings about the “Positive is Powerful” message at the MS this year?*

“It creates a welcoming environment for everybody.” - Mr. Castellano, 7th grade teacher



“Makes people feel great to be at school.” - Morgan Raye Kosakowski, 7th grade

“Being positive helps you succeed in your classes.” - Tyler A. Woltal, 7th grade

“It makes people happy, so they have a better day.” - John E. Mitchell, 7th grade

“For every shy person in the school, this is their day.” - Emily A. Osti, 7th grade

“It starts the day off nicely; it makes the building friendlier.” - Mr. Gilbert, 7th grade teacher

“It is a positive thing.. When students are having a bad day, they hear this quote, and keep on going.” - Yesha E. Biney, 7th grade

“It’s a good role model for our school.” - Damarcus George, 7th grade



“It’s a great program for our school and community. Being positive is not negative.” - Mr. Igoe

“Being positive makes everyone around you positive!” - Kelsi Wilson 7th grade

“I think it’s great! Having a positive attitude makes everything better. Smile...it makes everyone happy” -Mrs. Martini 7th grade teacher

“It’s good because it’s a good impact on everybody else” -Mrs. Pekala 7th grade teacher

“If you feel positive, you can succeed” - Ms. Ungvarsky 7th grade teacher

THE COACH’S BOX—Cross Country

by Mr. Igoe and Ms. Bok



The cross country team has had a successful season. The team ended the season with a record of 7 wins and 3 losses. The team had thirty-one runners this year. There were sixteen eighth graders and fifteen seventh graders. It was the largest amount of athletes since Coach Igoe and Coach Bok started coaching the team. The team had many accomplishments throughout the season. Most notably, Morgan Covart breaking the course record for females on the PV Middle School two mile course. Morgan Covart and Savannah Bauman also both earned medals at Invitationals during the season. Anyone interested in running cross country next season please contact Coach Igoe, Coach Bok, or Mr. Rimple (Assistant Varsity Coach, grades 9-12).

Delicious Truth

Story Behind the PVMS Cafeteria

The food that goes on our plate tells a delicious story from the major brands we love, to the amount of calories we have to take in, all intended to keep us going throughout the day. The stereotypical school lunch doesn't necessarily appeal to our minds, nor our stomachs, but when the first bite reaches your taste buds, the negative ideas wash away. Although the quantity of food we buy from school, may be different from a restaurant, the quality is comparable. The quality of food we buy from school is better than most restaurants in the area, though the style of cooking is limited for the staff, the staff ensures us all, that we are consuming safe and delicious food.

The "commander" of the cafeteria staff is Mrs. Meckes., and for 30 years is known for keeping lunches flowing and can cook a mean soup. While working continuously on cooking, one of many other hobbies that Mrs. Meckes loves is camping. The outdoor scene and the warm s'mores can make anyone make that a favorite. She is in charge of making sure that everything is clean and eligible for passing safety health inspections; from wash basins to ovens, all equipment must be clean. With the cleanliness of the kitchen, it can be guaranteed a safe meal will be served.

Another 30 yr. cooking veteran, is Mrs. Grammes, the "General" of our Food Service Staff, who chooses which foods go on certain days. As the Food Service Director, she is in charge of what vegetables or fruits go on the menu, also which entrées to serve. To receive a six cent reimbursement, schools must submit their menus and recipes to Primero Edge to determine whether the food served is healthy or not. To qualify, schools must serve the following: dark green, starchy, red or orange, and other vegetables such as artichokes, avocados, green beans, etc. Vegetables, beans and peas are also a must. The limit of calories has changed. For lunches for grades 6-8th the chosen meals need to average from 600-700 calories weekly. All of the essential laws are part of the Healthy Hunger Free Kids Act.

When a major brand such as Tyson chicken come to mind, what do you think? I, for one, know that Tyson chicken is a main supplier of chicken for KFC, and that their chicken nuggets are over the top, but I never considered that Tyson also supplies the school's chicken. That's mind boggling!

Other major manufacturing companies such as Pierre Farms and Advance Foods also supply the schools meats and chicken. For pizzas, popular restaurants such as Kasa, Tony's and other big brands of pizzas filled the freezer. They not only taste good, but the precooked pizzas are also safer to serve, so undercooked foods are decreased. For snacks, don't get me started, Hershey Ice cream, Baked Doritos, Rice Krispies, and other favorites stack the shelves. Next time you eat school lunch, know that the highest quality is being served to you.

-William Widarsono

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