

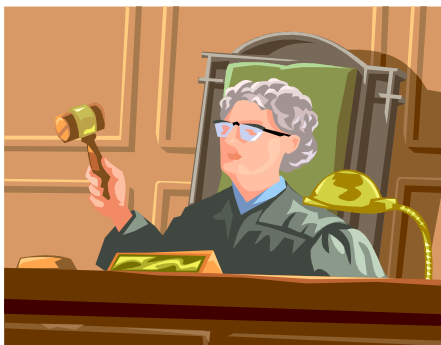
Mayor for a Day

By: Liam Connery, Mia Moustakas, Jakob Russo, and Sarah Snell

This year the eighth grade students competed in an essay contest to become Mayor for a Day. It was sponsored by the Palos Heights Women's Club. Palos South sent four students: Mia Moustakas and Liam Connery as Aldermen, Jakob Russo as Treasurer, and the overall winner, Sarah Snell, as Mayor. The evening began with the winning students going to a dinner at Lake Katherine with their parents. Pizza was served and each winner was asked to read their essay and then received a commemorative plaque. After, we went over to city hall for a mock city council meeting in which we kids ran the whole thing. We all got to be on Channel 4, Palos Heights News. We each read our lines and gave our reports as if we were really a part of the city council. The night was an interesting and fun time. Once the mock meeting was over we all took a few pictures and stayed to be honored at the real city council meeting. We all left and went home happy and proud of our accomplishments.

The winners of the contest experienced how a mock city council meeting worked. This was a wonderful learning experience for the winning students. They actually took part in the trial saw how it worked, what people did, and what people had to say. It could possibly be a look into the future for some students. This contest was an amazing idea and it gave students a small taste of what the mayor and his workers do. Not only was it a good time, but it encouraged students to think and write about the improvements in our city. The students' suggestions may benefit the city's overall appearance. These students might actually want to become a leader in our city in the future because of the Mayor for a Day contest. The contest will continue to contribute to the knowledge of the students and the health of the city, thanks to the Palos Heights Women's Club.

The mock city council meeting, in which the students who won the Mayor for a Day essay contest participated in, was a great experience! The students became acquainted with how our city council works, including the important officers who run the meetings, the types of re-



ports that the officers propose at the meetings, and how the city generally reacts to these proposals. This beneficial experience opened students' eyes and encouraged them to really think about the crucial time and effort that goes behind the wonderful events and activities that Palos Heights has to offer. The mock city council trial was an awesome experience, and we can only hope that the amazing Palos Heights Women's Club will continue to sponsor the Mayor for a Day essay contest in the future!

Fruit or Vegetable?

By: Konstantine Alikakos

Hello readers. There is a major conflict in the world. People can't decide if certain foods are vegetables or fruits! It is now your job to look at the characteristics of fruits and vegetables to decide which food groups these foods belong in.

Foods in Question- tomato corn cucumber zucchini avocado bell pepper

Characteristics of fruit

Are the product of a plant
Have plant's seeds

Ex: apple, banana, kiwi

Characteristics of vegetables

Are root, storage area, leaf, or stem of plant
Don't have seeds

Ex: turnip, carrot, potato

FRUIT DIP

Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1 (7 ounce) jar marshmallow creme

Directions

Using an electric mixer, blend cream cheese and marshmallow creme until mixed thoroughly.

Dip your favorite fruits in and enjoy!!!

EASY GUACAMOLE

Ingredients

- 2 avocados
- 1 small [onion](#), finely chopped
- 1 clove [garlic](#), minced
- 1 ripe [tomato](#), chopped
- 1 lime, juiced
- salt and pepper to taste

Directions

Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Season with remaining lime juice and salt and pepper to taste. Chill for half an hour to blend flavors.

VEGGIE PIZZA

Ingredients

- 2 (8 ounce) packages refrigerated crescent rolls
- 1 cup [sour cream](#)
- 1 (8 ounce) package cream cheese, softened
- 1 teaspoon dried dill weed
- 1/4 teaspoon [garlic](#) salt
- 1 (1 ounce) package ranch dressing mix
- 1 small [onion](#), finely chopped
- 1 stalk celery, thinly sliced
- 1/2 cup halved and thinly-sliced radishes
- 1 red bell pepper, chopped
- 1 1/2 cups fresh broccoli, chopped
- 1 carrot, grated

Directions

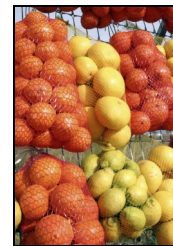
Preheat oven to 350 degrees F (175 degrees C). Spray a jellyroll pan with non-stick cooking spray.

Pat crescent roll dough into a jellyroll pan. Let stand 5 minutes. Pierce with fork.

Bake for 10 minutes, let cool.

In a medium-sized mixing bowl, combine sour cream, cream cheese, dill weed, garlic salt and ranch dip mix. Spread this mixture on top of the cooled crust. Arrange the onion, carrot, celery, broccoli, radish, bell pepper and broccoli on top of the creamed mixture. Cover and let chill. Once chilled, cut it into squares and serve.

FOR MORE RECIPES—TRY : www.allrecepies.com



Quirky and Cool Eating Habits

By: Emma Lizzio, Shivali Shukla and Kate Kwasneski

Do you eat any type of food unlike any other person? There are so many ways to eat so many foods. Here are some examples of different and interesting ways to eat your common meals.



- Cheerios: Fill a tall cup with Cheerios. Peel a banana and dip it into the Cheerios.
- Pretzel Rods: Dip into peanut-butter.
- Pickles: Eat all of the skin off of the pickle. Then eat the rest. Or, if you have pickle spears, eat the seeds first. Then, eat the rest.



- Potatoes: Some people eat them raw.
- Spinach Pie: Put Mustard, Ketchup and Barbeque Sauce into Spinach Pie (Spinach pizza).
- Chili: It is made with many vegetables, but some people add in peanut-butter!
- Pickles (#2): top them with peanut butter
- Macaroni and Cheese: make how you usually do. Then, add ketchup.
- Wendy's Chicken Nuggets: Dip them in a vanilla frosty.
- Pancakes: Drizzle some mustard on top and enjoy!
- Burrito: Cut off one end. Then, slice the burrito down the middle and open it up. Next, eat the fillings followed by the tortilla.



- Pop Tarts: Dunk them in a glass of chocolate milk.
- Brownies: To make a surprise inside, shove little pieces of corn into the brownie.
- Cheetos: Using your fingers to eat them is bad manners. You should use chopsticks!

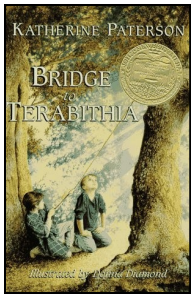


SWIC Declamation By Tommy Wade



Our Declamation Team here at Palos South participated in a SWIC competition with 11 schools. Participants from the other SWIC schools had one student for each of the six different categories. There are three winners from each. There is a first place, a second place, and a third place. There are also team awards. Team awards are awarded to the teams with the highest overall average of all the scores. We had three different winners this year. This was the first time we medaled in three years. Elizabeth Neybert, a seventh grader, got first place in prose for her piece, “Bon Appetite.” Tommy Wade, an eighth grader, got second place in humorous interpretation for “Abe Lincoln vs Madison Avenue.” Alexia Chibucos, an eighth grader, got third place in oratorical, for her piece, “Susan B. Anthony.”

Also representing Palos South at the SWIC Conference were Konstantine Alikakos for Verse, Melanie Wilson for Dramatic Monologue, and for Humorous Duet, Andreas Christy and Tommy Coleman. We are so proud of all of the participants and wish them luck in the years to come!



The Newbery Bowl



By: Emma Lizzio, Shivali Shukla, and Kate Kwasneski

Have you ever heard of the Newbery Medal that they award to one very good book each year? The Newbery Bowl is a unique competition in our school that involves nine teams, seven books (that have won the Newbery medal), and four rounds. This competition is open to all seventh graders. The school competition took place on March 20th. The students that were involved in it were:

Team 1 – Tommy Englehart, Justin Jay, Drake Wolan, Michael Domasik, Conner Schoenecker, and Aaron Tompkins

Team 2 – Emma Dolan, Sam Sherman, Rachel Rorison, Sarah Ward, Karolina Masaityte, and Sabreen Amir

Team 3 – Elizabeth Neybert, Katrina Mamone, Will DeAngelis, Sammy Thomason, Mary Baca, and Natalie Modelski

Team 4 – Jake McFarland, Konrad Kepka, Konstantine Alikakos, Jimmy Lee, Ethan Kuruc and Stephen Jackiw

Team 5 – Colette Vacha, Kate Kwasneski, Jessica Packett, Emma Lizzio, Shivali Shukla, and Alexa Minervini

Team 6 – Kevin Chata, Odai Atwan, Ali Hassan, Adrian Rutkowski, and Olivia Jarzabek

Team 7 – Emily Gildea, Michelle Moulton, Caroline Kasprzak, Nada Khatib, and Ahlam Khatib

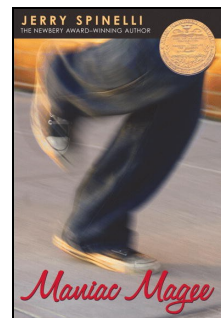
Team 8 – Kelly Roach, Meg Polk, Jessi Glow, Cara Mahoney, Alyssa Migler, and Justyna Piszczor


Team 9 – Dean Deligiannis, Adam Elmosa, Andreas Christy, Matt Angelloti, Zach Meeker, and Nick Ginnodo

So who won? Team five came in first place in our school's competition and team nine came in second. Everyone who participated had the option of going to the SWIC competition on April 23rd, while team five competed for Palos South against Orland Jr. High, Century, and Evergreen.

The questions were based on the Newbery Medal winning books and the answers were either a character's name or the book title. Pronunciation was very important because if you said a character's name wrong, then you got it wrong!

The winner of the SWIC competition is (sadly not Palos South) Evergreen. Orland Jr. High came in second. Century came in third. Palos South came in fourth, but we were first in spirit! Our school screamed the loudest when winners were announced! (We also had awesome crowns, go Earl Grayson!)





The Joy of Spring!

By: Dina Perez

Say goodbye to cold winter,
And aloha to spring air.

Flowers beginning to grow again,
Finally able to bring out that lawn chair!

Daylight saving visits again,
Ruining our weeks.

Eventually we'll get use to it,
But right now it makes us shriek.

Animals and bugs returning,
And also outdoor fun!

So let's all be happy,
Because spring has just begun!

~~Sane Socializing~~..NOT!!!!

By: Shivali Shukla and Kate Kwasneski

Over the past....hmmm.....year-ish, Kate and I have heard some very....*interesting* things... Just so you know, all of these are things that we seriously *have* heard from people around the school. So, you might end up having a friend who is more “special” than you would think.

P. 1: I want to crush these goldfish (crackers) so bad. It’s very tempting.

P.2: (*Gives P. 1 two goldfish*) “Here”.

P.1: (*dumps goldfish in mini water bottle*) “SEE! MY AQUARIUM!!!!!!”

Random person: “Why would I marry a hippo?”

Random person: “Will you pull my hand out of my hair?”

P.1: “I have a rainbow sheep; his name is Sheepy Jr. because Kate killed the first one.L”

Random person: “I’m going to call you Pipsqueak. Why? Because you’re small and look like a marker.”

P.2: “I hate milk.”

P.1: “Then what do you eat cereal with?”

P.2: “A SPOON!!!!!!”

P.1: “That wasn’t exactly the answer I was looking for”.

P.2: “Then what were you looking for, ORANGE JUICE?!?!?!?”

Random Person: “Have you ever noticed that the cardinal on the cafeteria wall looks like a platypus?” (it really does, though)

Random Person: “Hey, look! There’s a rainbow tie-dye monkey on the ceiling!”

P.2: (*Holds up computer mouse in P.1’s face*) Mouse! It could be your brother!

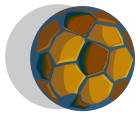
P.1: I don’t have a brother. (*Turns away...5 seconds later...*) Oh! I get it! I *don’t* have a brother, but I have a brother cause’ it’s a mouse, and apparently, I’m a MOUSE! Wait, what? Grrrrr...

Random Person: “Dumb Babbit!”

Random person: Never pull a mouse away from me, or you’ll end up with your document translated to French.

Okay, so, those are the only conversations that we can fit, but trust us, there are *plenty* more conversations that are not even *close* to being called “Sane Socializing!”

P.S. P.1 is always me, and P.2 is always Kate! (The “random people” really *are* random people, though.)



Soccer Poem

By : Catherine Denny

Shows competition and motivation

Other countries, often known as Football and one of the most popular sports in the world

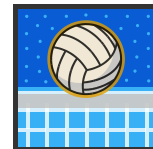
Creates hours of exercise and fun

Causing you to sweat and dehydrate after a game

Energetic and exhilarating

Running carelessly for hours and hours just for a goal.

Volley Ball Poem by Catherine Denny



Very competitive and sometimes challenging

Open to all kinds

Lively

Love and hate sport

Entertaining and enjoyable

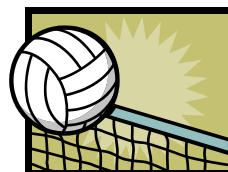
Yells and cheers at games

Beginners, starters, Pro

Active and motivational sport

Living the healthy and exercising life

Lifestyle for many people





White Pines

By: Dina Perez

Recently, all of 6B and 6A went on a field trip to White Pines Ranch! That's right! The outdoor education camp that was totally memorable and fun-filled! It was a totally fun experience and I bet all of the other 6th graders agree with me!

When we went to White Pines, we got to do TONS of different activities! These included horseback riding, a quarry study, orienteering, a graveyard study, field studies, square-dancing, and more! It was fun to be learning somewhere other than school for once. Better yet, learning in the wild outdoors!



Do you have the urge to sleep out under the stars.... roast marshmallows around a blazing fire...want to be lulled to sleep by the chirping of crickets and other night sounds... love the idea of catching and cooking your own food??? You might have caught the Camping Bug or have Camping Fever!!! Illinois has a cure for YOU! Our state has some great spots for you and your family to visit to camp using tents or RVS. Check out the following sites and see if they have what you need! Happy Camping!!!

<http://geoparent.sheknows.com/articles/189/best-family-campgrounds-in-illinois-1>

<http://www.kidzooie.com/campgrounds.html>

<http://www.campjellystone.com/info/illinois-campgrounds.html>

<http://familyfun.go.com/vacations/activities-and-attractions/camping-vacations/>



Can't go camping this summer??? No worries...grab some blankets and head to the backyard! Click on the following links for some awesome CAMP-OUT recipes and ACTIVITIES to make you and your friends into some Happy Campers!

<http://www.boy scout trail.com/boy-scouts/boy-scout-recipes.asp>

<http://www.homemadesimple.com/en-us/garden/pages/creative-backyard-camping.aspx>

<http://www.parenting.com/article/14-ideas-for-camping-out-in-your-backyard>

Special Awards

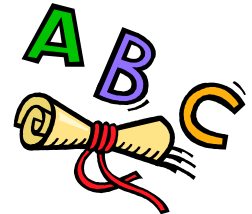
Valedictorian Award
Salutatorian Award
Art Adams Awards

VFW Awards-

Excellence in Education
Susan Firalyo Sportsmanship Award
Linda J. Boehm Sportsmanship Award
Charlotte R. Pope Award
Christofer Schmaltz Drama Award
League of Women Voters Award
Choral Renaissance Award
Harold Hoover Award (7th grade)
American Legion Awards

Kevin McBurney Music Awards

Lauren DeAngelis
Alexia Maldonado
Tommy Wade
Grace Garbrecht
Laura Murphy
Austin Nash
Kara Hynes
Erin O'Leary
Viktor Balchunas
James Brady
Kara Hynes
Abby Hill
Alexis Chibucos
Emma Lizzio
Audrey Doubek
Jakob Russo
Patrick Rapciak
Alyssa Rusco



2012 8th Grade Department Award Winners

ALPS

Art

Applied Technology

Music

Spanish

Language Arts

Mathematics

Physical Education Award (Marty Regan Award)

Science

Social Studies

Julia Brodecki
Brian Haack
Rachel Ulaszek
Zach Pavlica
Santi Manglano
Maddie Carlson
Crystal Kniebusch
Lubna Abdel- Mageed
John Ryan
Lauren DeAngelis
Kyle Olszowka
Sarah Snell
Jessica Rupp
Othman Mohammad
Jakob Russo
Amy Balich
Attia Huizinga
Pat Roach
Eddie Henzl
Liam Connery





2013 Master List

Rebecca Caudill Young Readers' Book Award

Illinois Children's Choice Award

Author	Title	Publisher	Pub Date	Interest levels
Angleberger, Tom	The Strange Case of Origami Yoda	Amulet	2010	4-8
Baskin, Nora Raleigh	Anything but Typical	Simon & Schuster	2009	5-8
Draper, Sharon M.	Out of My Mind	Atheneum	2010	4-8
Falls, Kat	Dark Life	Scholastic	2010	5-8
Ferrari, Michael	Born to Fly	Delacorte	2009	4-7
Friend, Natasha	Bounce	Scholastic	2007	7-8
Gaiman, Neil	The Graveyard Book	HarperCollins	2008	5-8
Gephart, Donna	How to Survive Middle School	Delacorte	2010	4-8
Hawkins, Aaron	The Year Money Grew on Trees	Houghton Mifflin	2010	5-8
Holm, Jennifer L.	Turtle in Paradise	Random House	2010	4-6
LaFleur, Suzanne	Love, Aubrey	Random House	2009	4-7
Lai, Thanhha	Inside Out & Back Again	HarperCollins	2011	4-8
Meyer, Susan Lynn	Black Radishes	Delacorte	2010	5-8
Mulligan, Andy	Trash	Random House	2010	7-8
Perkins, Lynne Rae	As Easy As Falling Off the Face of the Earth	Greenwillow	2010	6-8
Rhodes, Jewell Parker	Ninth Ward	Little, Brown	2010	5-8
Senzai, N. H.	Shooting Kabul	Simon & Schuster	2010	4-8
Telgemeier, Raina	Smile	Graphix	2010	4-8
Wiles, Deborah	Countdown	Scholastic	2010	5-8
Williams-Garcia, Rita	One Crazy Summer	Amistad	2010	6-8

Red and White Report

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Tommy Wade



FACULTY ADVISORS

Mrs. Lindeman
Mrs. Rowan

The Staff of the Red and White Report would like to wish the 8th graders CONGRATULATIONS on their Graduation and best of luck in high school! We would also like to wish EVERYBODY a safe and wonderful Summer Vacation! See you in the Fall!

