



W.P.M.S Bulldog Gazette # 9

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Dear West Point Middle School Stakeholders,

I want to thank the faculty, staff, students, parents, community and other stakeholders for making this another great year at West Point Middle School.

Our faculty and staff have distinguished themselves by mastering curriculum, presenting organized instruction, managing for effective learning, assessing student achievement, promoting diversity and equity and sponsoring a wide range of outstanding curricular and extra-curricular programs.

An essential component of a high performing school is having strong partnerships throughout the community, including a vibrant Parent Teacher Organization (PTO). This is a strength at West Point Middle School and I want to thank each and every person who took time out of their incredibly busy lives to conceptualize, plan and implement programs that contributed to not only increased student achievement, but enhanced our positive school climate as well.

Our Bulldogs had another impressive year as measured by many metrics. They were terrific citizens who were committed to our educational process; they produced incredible work samples and were great team members of Team West Point Middle School. We are extremely proud of their accomplishments!

On behalf of our faculty and staff, I want to wish everyone a great summer! If you are returning, we will see you in August and if not, "Wherever you go, go with all your heart!"

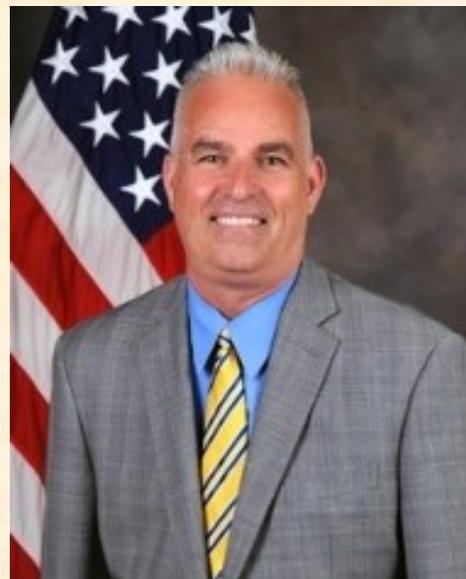
Go Bulldogs!

Miles J. Shea

Principal

West Point Middle School

"Where Partnerships Maximize Success"



Teacher Notes

ADAC Poster Contest 1991 – 2017

West Point Middle School Spanish Classes began participating in the Anti Drug And Alcohol poster contest in 1991. The school's first winner was Lisa Arney. She continue to entered submit art entries in 1992 and 1993 and won each time. This year's winner is Samantha Reeves. All West Point student participants have enjoyed expressing themselves through a visual medium and find art everywhere. It is because of their hard work, dedication and long participation that West Point School was recognized at the most recent award ceremony on May 12, 2017.



The Multicultural Club celebrated Asian American Pacific Islander Month (May 1st – May 31st). Kate Barnes prepared an informative power point about Ecuador whose westernmost natural border is the Pacific Ocean. Refreshments were served and Miss Marsteller baked a delicious pineapple upside-down cake. Marie Gregory brought a tasty bean drink. The club honored our students of Asian American Pacific Islander descent.



Spanish 1 students proudly display their Quarter 4 Projects from their units on Pastimes and Vacations. They can now talk about pastimes, weekend activities, and sports and make plans for a vacation in Spanish.



Spanish 2 will always remember the sights, sounds, tastes, and wonderful scent of their food project.

They can talk about and describe food, order food in a restaurant both in the present and past tenses.



The AVID class worked hard, learned a lot, and went on educational and fun class trips while making lasting friendships. We will enjoy a well-deserved break away from TRF's and Cornell notes for a while.



The 6th grade students created Rube Goldberg Machines to showcase their engineering design process. Working in teams of three to four students, our students researched the use of simple machines and energy transfers to accomplish a very challenging task. A raw egg needed to travel from the lab tabletop to the height of one meter before falling without breaking to the floor. Sounds impossible?

Each team celebrated success in this design competition through problem solving, collaboration, data collections, and presentation development. With only two weeks to brainstorm and design, our engineers needed to keep careful drawings and use the provided materials in their own creative ways. Planning for the next day's class proved to be beneficial given that time to build and test each day were critical.

Ultimately, student-constructed pulleys, incline planes, and levers provided the framework for the Rube Goldberg Machines while a carefully crafted parcel delivered the egg unbroken. What an incredible set of presentations delivered the essential vocabulary and explanations of energy transfer events! Never say that it won't work and never give up when obstacles get tough. Just remember that the sixth grade students witnessed pure joy in the hard thinking and teamwork involved to get that egg up and then back down using their well thought out designs.



Our Sixth Grade students are fortunate to engage in a wealth of resources that surrounds our unique West Point Community. The geographic location of West Point Middle School (WPMS) offers the advantages to interact with The United States Military Academy (USMA), local professionals, the Highland Falls Intermediate School (HFIS), and the museums in the greater communities. Throughout the school year, our dedicated sixth grade teachers foster the strong partnerships established with USMA and the local communities to provide our students with enriching opportunities and ever lasting learning experiences.

In the fall, West Point Schools' PTO helps to sponsor a STEM/STEAM field trip to the American Museum of Natural History in New York City. Our curricular units in all subjects areas are greatly enriched through this experience as students explore the museum, special exhibits, and IMAX theater offerings. This by far is a favorite annual trip in which parent chaperones and teachers are able to establish partnerships at the beginning of the year.

Guest speakers throughout the year provide the opportunity to bring areas of expertise to the classroom. This year, the USMA Department of Law shared a day with students to share the skills of mock trial dynamics. Next, the offerings of USMA's Department of Cyber allowed our students to test the most innovative video game software. LTC Lindberg masterfully provided tutorials for the virtual game headset with use of the Smart Board projections which created a live experience for both users and audiences. Lastly, Dr. Vishnu V. Patel joined forces with IBM and WPMS to bring our fifth and sixth grade students an adventure with states of matter like no other. Dr. Patel has dedicated fourteen years to inspiring our WPMS students in the STEAM fields. His high energy and love for student engagement create frequent guest visits. With an emphasis on lab safety, active exploration, and hands-on experiments, Dr. Patel passes on his passion and entices students to reach beyond his own patented products to guide the innovation needed in future technology. All that he wishes in return each visit is a drawn picture showing him what the student learned -abstract to concrete STEAM at work!

The USMA Cadets Projects Day in May provided an authentic panel for our students to interact with USMA Cadets, Professors, and Academic facilities. Annually, we appreciate the invitation to join our USMA Partnership with the Department of Civil and Mechanical Engineering. LTC Keena is very generous to guide us in the planning phases with Cadet Leaders each year to make this highly successful. Led in small groups by USMA Cadet mentors, our chaperone parents, teachers, and sixth graders rotated through a strategic circuit to explore year long Capstone Projects. First hand experience with interviewing Cadets on the details their projects revealed team collaboration, engineering design process, real-life application, innovation, creativity, and presentation skill sets. Our young impressionable minds provided back to the Cadets insightful questions, practice to explain the concepts, and genuine accolades for future success in their military careers. Relationships are again fostered for lifelong learning and continuous mentorship in a military community. Students even found WPMS alumni students within the presenting groups of Cadets!

Partnering with another sixth grade team of students and teachers in the local school district strengthens our community relationships. The curricular topics of Ancient Greece, STEM/STEAM design competition, ELA presentation skills, and physical activity come together in one big Greek Olympics Day. We thank Highland Falls Intermediate School (HFIS) coordinated by Mrs. Heather Evangelista for hosting our Third Annual Partnership in Education. Our teachers, parent chaperones, and students traveled to HFIS to bridge our sixth graders with their future friends in modified sports and future high school classmates. The school administrators and teachers witness this wonderful collaboration to prepare our students with hands-on experiences in relationship building. Small groups of WPMS students are paired with HFIS to form "city state" teams of 6-8 people. Here each "city state" team builds a motto, banner, and showcases the strengths of each person in their team in a friendly competition in the Olympic Arena of planned field games. HFIS Superintendent Dr. Sheboy, Principals of each

school, USMA Garrison Commander COL Hanson, and USMA athletic coaches officiate this Olympic opening ceremony as true to the authentic Ancient Greek days. We end our wonderful competition with picnic lunches and an awards ceremony highlighting teams with high spirit, most sportsmanlike behavior, most athleticism, and creative artwork. As we parted and shook hands farewell, it was evident that this collaborative partnership between teachers and students made a huge impact for positive learning with others.

The year comes to a close, but memories are made for many years to come! What lights a spark in one child is hopefully passed on through gaining confidence and positive experiences offered in our planned partnerships. Without the dedication of our WPMS administrators, faculty, staff, parents, and PTO, many of our activities could not take place. We appreciate all that is provided to us teachers to help lead this sixth grade school year to its fullest adventure for all students.



Upcoming Movies

By: Samantha Reeves

This May and June a ton of new movies are coming out. There are a variety of movies. Some are animated while others are live action. I hear they are supposed to be awesome. Here is a list of some of the movies coming out this May and June. I hope that you guys are as excited as I am for these movies!

Cars 3



Story Line: There is a new age of blazing-fast racers! These new racers have pushed Lightning McQueen out of his favorite sport, racing. McQueen will have to have the help of a young and eager racer to get back into the game he loves. Can he get back to win the Piston Cup?

Release Date: Friday, June 16, 2017

Director: Brian Fee

Rating: G



Captain Underpants: The First Epic Movie

Story Line: Two over imaginative pranksters hypnotize their principal into thinking that he is an over enthusiastic, dim-witted super hero named Captain Underpants.

Release Date: Friday, June 2, 2017_

Director: David Soren_

Rating: PG

Despicable Me 3



Story Line: There is a new villain in town, and Lucy and Gru can't catch him. On their adventure trying to catch the new villain, Gru, Lucy, Agnes, Margo, Edith, and the minions meet Gru's brother, Dru.

Release date: Friday, June 30, 2017_

Director: Pierre Coffin, Kyle Balda, and Eric Guillon_

Rating: PG

Transformers: The Last Knight



Story Line: Humans and Transformers are at war, and Optimus Prime is gone. The key to saving the human race lies in the history of the Transformers and Earth. Saving the human world lies on the shoulders of Cade Yeager, Bumblebee, an English Lord, and an Oxford Professor.

Release Date: Friday, June 21, 2017_

Director: Michael Bay_

Rating: PG-13

Wonder Woman



Story Line: A young lady named Diana lives on a mythical island named Themyscira. There she is trained by Amazonian Warriors. When her home and the world are threatened, she must leave home for the first time and travel to the outside world. By doing so, Diana will become the hero she was meant to be, Wonder Woman.

Release Date: Friday, June 2, 2017_

Director: Patty Jenkins_

Rating: PG-13

Pirates of the Caribbean: Dead Men Tell No Tales



Story Line: Captain Jack Sparrow once again is caught in an exciting adventure. Deadly ghost pirates led by his old nemesis, Captain Salazar, escape from Devil's Triangle. The ghost pirates are determined to kill every pirate on the sea including Captain Jack Sparrow. Jack's only chance for survival is to find the legendary Trident of Poseidon.

Release Date: Friday, May 26, 2017_

Director: Joachim Roenning,_Espen Sandberg_

Rating: PG-13

Guardians of the Galaxy Volume 2



Story Line: The Guardians of the Galaxy continue to have amazing adventures trying to unravel the mystery of Peter Quill's true parentage. The Guardians of the Galaxy consist of Star-Lord, Rocket Raccoon, Gamora, Groot, and Drax the Destroyer.

Release Date: Friday, May 5, 2017_

Director: James Gunn_

Rating: PG-13

Everything, Everything



Story Line: A young teenage girl has a condition that makes her allergic to everything. She has never left the walls of her home. But her life changes when she finds a way to communicate with the boy next door.

Release Date: May 19, 2017

Director: Stella Meghie

Rating: PG-13

I hope that everyone is as excited as I am for these new movies. I hope you go with friends or families to see these awesome movies.

Cites Used:

<https://www.movieinsider.com/movies/may/2017>

<http://www.imdb.com/title/tt6003368/>

https://www.rottentomatoes.com/m/everything_everything_2017/

Mother's Day

By Serena Leonard

Mother's Day is one of the most important days of the year for the world. It might not be a federal holiday, but it's still a day to be recognized by all. It's the one day out of the year to pay extra special attention to the mothers of the world and thank them for all they have done for us. Even though you should take the time to tell your mom thank you every day, this is a day when it's time to show how much you love your mother.

Mothers of the Cultures

Now we know that a lot of people in America celebrate Mother's Day, but did you know that we weren't the first country to start this holiday? Mother's Day was first celebrated in ancient Greece during the Spring Festivities to honor the Mother of the Gods, Rhea. In the 17th Century, English servants were given an entire day off, which in England, they used to call "Mothering Sunday," which was their way of spending Mother's Day. In fact, the way Mother's Day became a nation holiday in America was created by a woman named Jarvis in 1914. She created this day because she wanted to honor her mother and have a remembrance and celebration of her mother's life. Jarvis's mother was a very hard working woman who had done so much for her community and still had time for her children. Soon Mother's Day was established by President Woodrow Wilson that same year. President Wilson had very strong

feelings towards his mother and wanted to have a day to remember her and her accomplishments which helped him turn into the person he was.

What to Do On Your Mother's Day

Now every mom loves everything that I might say, but I do think that there a few suggestions I can give you if you don't have a Mother's Day gift.

Make her breakfast in bed.

Mom's love when their kids get up extra early so that way she can wake up to a plate of food served by some of her favorite people/ person in the world.

Buy her sweets.

The day before you can go out and buy your mom her favorite candy or even better go take her out for lunch or dinner.

Just say thank you.

You can just show to your mother that you appreciate everything that she does for you and show how much you care about her. In fact, you don't even need to give your mom a gift, just saying the word "I love you" is one of the best gifts that you can ever give your mother.



From Movies to Broadway

By Katherine Schreiner

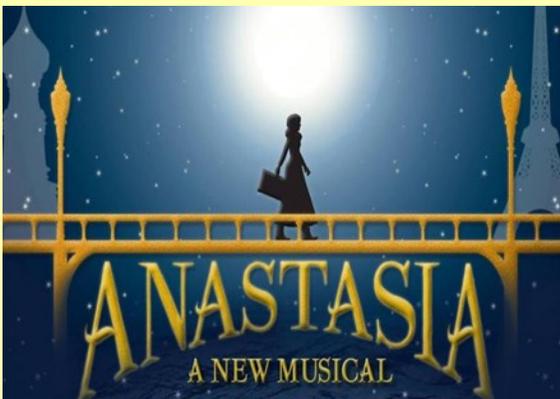
Anastasia and *Charlie and the Chocolate Factory* are coming to Broadway!

Anastasia

In this adventurous and romantic story, we will visit the dark Russian Empire nights and the 1920's in Paris. *Anastasia* is a combination of the 1997 animated movie and the book written about the infamous family, the Nikolaevnas. It officially came out on April 24th, 2017. In this production, Anya will be going on an adventure to find out what really happened in her past. Tony Award winner Darko Tresnjak directs the musical and an all-new book has been created by Terrence McNally. Christy Altomare will be playing the brave female lead, Anya, and Derek Klena will be playing the intriguing male lead, Dmitry.

Charlie and the Chocolate Factory

You better have a "Pure Imagination" with this one! *Charlie and the Chocolate Factory* follows a young boy, Charlie Bucket, on his adventure through Mr. Willy Wonka's chocolate factory. This story line shows kids right from wrong: such as being a brat (Veruca), being prideful (Violet), watching too much TV and playing too many video games (Mike), and eating too much junk food (Augustus). Tony Award Winner, Christian Borle will be playing Willy Wonka, while Ryan Sell will be playing Charlie Bucket. All together it is a truly sweet performance.



Skin Cancer Detection and Prevention Month

By Carleigh Roginski



Ultraviolet radiation or UV radiation from the sun is the main cause of skin cancer. Skin Cancer is the most common type of cancer in the United States. UV radiation can also come from tanning booths or sunlamps. For example, the most dangerous kind of skin cancer is called melanoma. Luckily, skin cancer can be treated if it's found and treated early.

Here are some tips and pointers to avoid skin cancer:

Seek the shade, especially between 10 AM and 4 PM when the sun is at its strongest. An extra rule of thumb is the "shadow rule." If your shadow is shorter than you are, the sun's harmful ultraviolet (UV) radiation is stronger; if your shadow is longer, UV radiation is less intense.

Do not burn. A person's risk for melanoma, the deadliest form of skin cancer, doubles if he or she have had five or more sunburns at any point in life. Severe burns not only significantly increase your chances of developing skin cancer, but can make you ill. For severe burns, see your doctor.

Avoid tanning and UV tanning booths. UV radiation from tanning machines is known to cause cancer in humans. Indoor UV tanners are 74% more likely to develop melanoma than those who have never tanned indoors. Tanning bed users are also 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma. The more time a person has spent tanning indoors, the higher the risk.

Examine your skin head-to-toe every month. While self-exams shouldn't replace the important annual skin exam performed by a physician, they offer the best chance of detecting the early warning signs of skin cancer. If you notice any change in an existing mole or discover a new one that looks suspicious, see a physician immediately.



Day in a Life as a West Point Cadet

By: Abby Salus

West Point Military Academy is an academy on the Hudson River, and was established in 1817. It was used as a major military post during the Revolutionary War, but it was not established as an academy of learning until Sylvanus Thayer came along. During the war, Thomas Jefferson signed a legislation establishing “United States Military Academy” known as “USMA.”

Do you think being a West Point cadet is hard? A cadet has tons of homework and daily training, but sometimes being a cadet can be fun! You can get recruited for sports, clubs and much more! I decided to interview some cadets to introduce the reader about how he/she gets through his/her day and what his/her daily plans are.

The first person I decided to interview is Simone Askew. She is a junior (Cow) at USMA. She has spent her second semester in Mexico City. She is a leader at West Point Young Life for high school aged students. Her favorite thing about West Point is the adventures that she gets to go on and that traveling is a way she gets to see other cultures. Simone, did not get recruited for sports, in fact she got accepted for academics. But, she did join crew her freshman year during second semester. In her words, she said West Point has made her more mature in different ways, also has provided her with many opportunities. When she graduates, she wants to be a Military Intelligence Officer. Wherever the Army puts her, she will hopefully love! Being a middle schooler, our daily schedules are not too bad, but being a cadet is totally different. I asked Simone what her daily schedule usually is.



She gets up around 4:00am for crew practice and crew practice usually last from 5:00am to 7:00am.

From 7:30am to 4:00pm she has class.

Next, she has from 4:00pm to 7:00pm she has crew practice again.

She has dinner from 7:00pm to 7:30pm.

Then goes to her dorm to do homework around 8:00pm.

Daniel Schell is a sophomore (Yuck) at USMA. He came to West Point because he wants to be the best version of himself and wants to become disciplined. He is in company G4 which is the "Fighting Guppies." His schedule is he has crew practice, organic chemistry, physics, Arabic, survival swimming class, chemistry research, afternoon practice for crew. He didn't initially come for sports, but joined the crew team. His major is chemistry. Daniel, after graduating, he wants to do five years as an officer and also wants to go to graduate school.

Jacob is a senior (Firstie) at USMA. He is in company B3 "Go Bandits." He is majoring in Operations Research. Jacob's schedule for a daily basis is: Abstract Algebra, Special Operations in conflicts, Rock Climbing, Military Art, Cap strong Course, Snowboarding, and Math Stats. He came to West Point because he wanted to be a part of something bigger, pursue a lifelong military career, and look for a fun challenge and extraordinary opportunities. He initially came for track, but wanted to focus on academics freshman year. After graduating, Jacob hopes to pursue an extreme poly-athletic career, join a branch in infantry, and go to ranger school. Lastly, he would like to move to Fort Wainwright in Alaska. Just by reading this, I think being a cadet is hard, do you?



Play Progress

By: Serena Leonard

You might remember the play from last year, Into the Woods, but I don't think that you ever seen it this "sweet" before. This year West Point Middle School will be performing the musical Willy Wonka and the Chocolate Factory Jr.

Willy Wonka and the Chocolate Factory Jr.

The musical, Willy Wonka and the Chocolate Factory Jr is an American play first published as a book in the year 1964. Willy Wonka and the Chocolate Factory will soon become a Broadway musical this May. The Jr. Version of this musical was put together by the composers, Leslie Briscusse and Anthony Newley and Timothy A. McDonald, and was based off the book Charlie and the Chocolate Factory written by famous Author Roald Dahl.

West Point Middle School will be performing the Jr. Version of this play, June 1st and 2nd. So far, our students have been working extremely hard learning new choreography and songs. There are 19 musical numbers in this play and they include the songs: "Pure Imagination," "Golden Age of Chocolate," "The Candy Man," "I Eat More," "Think Positive," "See it all on T.V.," "Cheer up Charlie," "I've Got a Golden Ticket," "In This Room Here," "Oompa Loompa," etc...

Quotes from the Crew

I asked our main characters about why they did the play, how they think they play will come out in the end, and how they feel about being the main characters.

Charlie Bucket (Evan Owens)

I had asked Evan why he wanted to do the play and what made him want to do it, he said: "I saw the last years play and it seemed like fun so I decided to give it a try." I also asked him a few more questions which are, how he thinks the play will turn out and how he thinks about being one of the main characters, he said: It is a huge honor being an amazing character and it's so much fun working together with the other talented cast. I also have high hope but, I am unsure if it will be as well prepared as last years' show."

Willy Wonka (Jacqueline Evangelista)

I had asked Jacqueline Evangelista why she wanted to do the play and what made her want to do it, she said:" I want to be an actress and being able to do this takes me one step closer to that goal," I also asked her a few more questions that asked her how he thinks the play will turn out and how she thinks about being one of the main characters, she said:" I think the play will be great, there is a lot of talent so it's going to be good. It felt really awesome to be a main character, it has been so much fun to work with everybody and I can't wait for everyone to see it."

This show will be to die for, so please come down for the show and have a "Willy Wonka" time!

West Point Arts and Crafts Center Summer Camps

The West Point Arts and Crafts Center will hold a Summer Camp for the weeks of June 13-16, June 27-30, July 18-21, and July 25-28. Each week sessions are held from Tuesday through Friday, 10:00am to 3:00pm. At camp, you do different art activities. Some activities include: canvas painting, glass fusion painting, and pallet painting. If you were to go to camp, your parents would provide a lunch and snack each day. On Friday of every week there will be a pizza party for lunch and at 2:30 there will be an art show for the parents. To register, go to the Arts and Crafts Center. Registration begins May 9th.

Morgan Farm Summer Horse Riding Camps

If you are experienced or even have no experience, this is a good camp for horse riders and want-to be horse riders. This camp is located at Morgan Farms which is in Highland Falls. If you were worried about how far the camp is you now know that location is not an issue. Each week is held from Monday-Friday, and each week you can choose between 3 or 5 days of camp. The beginner campers get familiarized with basic skills and procedures while the more experienced campers build upon their existing skills. Campers must bring their own lunch which can be refrigerated at camp. The weeks this camp is taking place are June 27th-July 1st, July 6th-8th, July 11th-15th, July 18th-22nd, and July 25th-29th. Go to this website for information on registration: <https://westpoint.armymwr.com/promos/morgan-farm-army-navy-weekend-special-2>

Other Activities

There are more activities than just camps this summer. On June 13th there is the annual Museum Mile Festival. You get free admission to “some of the world’s finest art collections.” The participating museums are the El Museo del Barrio, the Solomon R. Guggenheim Museum, the Metropolitan Museum of Art, the Copper Hewitt, the Jewish Museum, Neue Galerie, and the Museum of the City of New York. Go to Leisure Travel Services for more information on the Museum Mile Festival. There are also two free fishing days at Round Pond on June 24th and June 25th. You can fish all day both days for free.

I hope this article has given you some good ideas about what to do this summer!



Firefighter Appreciation

By: Carleigh Roginski

Approximately five firefighters have a tragic accident every month saving the victims of the tortuous flames. It takes a huge amount of bravery and courage to rescue countless people from the hungry fire.

Firefighter Appreciation is a time for giving thanks to the courageous firefighters for their service and devotion to rescuing families from fires. It is also a time for remembering past firefighters that have given their life in order to save families from fires.

To celebrate, proudly wear red and blue ribbons that are pinned together, or participate in a memorial or recognition event to show our gratitude to firefighters everywhere. The IFFD ribbons are linked to colors symbolic of the main firefighters work with - red for fire and blue for water. These colors also are internationally recognized as representing emergency service.

A fun way of celebrating the service of multiple firefighters is by playing games and making competitions. The 2017 FFAD Fitness Challenge is a series of competitions that present those who compete with the struggles of a firefighter. Running, carrying ladders and other participants on your back, tug o' war are all examples of challenges included in the competition, to make the challenges harder, you must complete them in a full-out firefighter's outfit with their gear included.

Cool Drinks

By Bailey Friedrichs

It's starting to warm up outside and summer is just around the corner! During a hot day, people are going to start wanting tasty cold drinks that are refreshing and that will cool them off. Here are some drinks that you might be interested in trying during this warm season.

Starbucks came out with a new Frappuccino called the Unicorn Frappuccino. It's described as: "The flavor-changing, color-changing, totally not-made-up Unicorn Frappuccino. Magical flavors start off sweet and fruity transforming to pleasantly sour," according to Starbucks' main website. This new drink has been a huge commotion all around the United States. The ingredients in this drink are:

Ice

Milk

Crème Frappuccino Syrup

Whipped Cream

Mango Syrup

Blue Drizzle

Pink Power

Sour Blue Powder



The Unicorn Frappuccino consists of 410 calories, when getting the 16 ounce, Grande size. It also has 59 grams of sugar. You can eat almost 6 Krispy Kreme doughnuts instead of drinking the Unicorn Frappuccino because Krispy Kreme doughnuts each have 10 grams of sugar. Real healthy, right?

McDonalds has a fairly new shake. It's called the McCafè Shamrock Shake. MCDonalds advertises it by saying: "Get your mint on with the shake that started it all." This drink contains:

- Vanilla Reduced Fat Ice Cream
- Shamrock Shake Syrup
- Whipped Topping
- Maraschino Cherry
- Green Sugar Crystals



The Shamrock shake consists of 580 calories in a size medium drink, which contains 80 grams of sugar. Still, not the healthiest drink.

Another alternative drink is the Frozen Hot Chocolate. It is sold at Dunkin Donuts. According to Dunkin Donuts: "Hot Chocolate happiness knows no seasons!" Now that it is frozen, it can be sold all year round. The ingredients in this Frozen Hot Chocolate are:

- Water
- Milk
- Liquid Cane Sugar
- Mocha Flavored Swirl Syrup
- Dunkaccino Powder
- Whipped Cream



Dunkin's Frozen Hot Chocolate contains 610 calories in a medium, 24 fluid ounces size. It is made up of 107 grams of sugar. This is the least healthy out of all these drinks.

If you have a sweet tooth and are looking for something sweet, but still a bit healthy, out of all of these drinks the Unicorn Frappuccino is the way to go. Although, if you don't care if the drink is healthy or not and just want something sweet to cool you off, then go with Dunkin Donuts Frozen Hot Chocolate. It's quite tasty!

Having tried all these drinks, there's always a personal favorite. The one I recommend you try is the Frozen Hot Chocolate. The one that I don't recommend is the Unicorn Frappuccino. Not the best drink in the world to my taste buds because it is too sour. Lastly, the Shamrock shake is in the middle of the two, not amazing but overly minty for my taste buds.

I hope you get to try one of these cooling drinks during this warm weather! Also, I hope this made you notice the ingredients that are in these types of drinks. Maybe it made you get a little taste of the calorie count you are consuming.

2017 Summer Activities

By: Connor Sutterley

Ah May, one of my favorite months. The weather is warm and it means only about a month and a half left of school. This may seem like a *long* time, but to me, the days just seem to go by fast. Anyway, as we approach summer rather quickly (depending on who you ask), it's time to start thinking about activities to do this summer. This article should help you figure out some things to do on your summer vacation.

Middle School STEM Program at USMA

The Middle School STEM program provides hands-on experience in science, technology, engineering, and math which are the four parts of STEM. The academy faculty and cadet mentors run this event. There are several fun activities provided for you such as building and programming robots out of Legos and fun activities on a field. This event runs from May 30th to June 2nd. You stay in a cabin and food is provided for you every day. This program highlights math and science for students with strengths in those subjects. Sadly, this event takes place during the school year. For registration information, go to: <http://www.usma.edu/cldstem/SitePages/MS%20STEM%20Workshop.aspx>. If you are looking for activities after the school year, continue reading this article.

Army West Point Athletic Summer Camps

Did you participate in a sport this year? Well, if you did then these Summer Camps might be for you! These summer camps help you improve your athletic game. If you participate in a camp, you would be taught by "world class coaches," and "certified athletes." There are camps for boys: baseball, basketball, football, hockey, lacrosse, rugby, soccer, sprint football, and wrestling. Don't worry girls, there are camps for you, too! The camps for girls include: basketball, lacrosse, rugby, soccer, and softball. Finally, co-ed camps include cross country, swimming, tennis, track, and volleyball (one session is for girls only). These camps run from late June to early August. For registration information, click on the link.

<http://www.goarmywestpoint.com/sports/2017/1/10/2017-camps-and-dates.aspx?id=525>.

SPRING

By: Liam Mangas

It's the season after winter and before summer! It's spring! Here in the northern hemisphere, we have spring weather from late March through May, meaning time is running out for all your spring related activities. It's the perfect time for outdoor festivities as the temperature isn't too hot, but not too cold. The number of daylight hours increase greatly from winter, and many hibernating animals like bears are out. Not just bears, but all of nature awakens during spring - flowers, insects, baby birds, mammals, amphibians - everything! Spring is also important culturally, as historically the year began with spring in many places. Evidence of this in ancient Rome remains part of the modern calendar. Counting March instead of January at the start of the year, we find that September, October, November, and December are the seventh, eighth, ninth, and tenth months of the year. The prefixes Sept-, Oct-, Nov-, and Dec- come from Latin words for seven, eight, nine and ten further proving the analysis.



While spring's career as the first season in the year is over, it still, to this day, represents the start of something new. For example, how about your New Year's resolutions plans, or if you've been saying it's time to begin a new exercise program. Spring is the perfect time to begin those plans and so much more! Take walks outside, begin a new yoga routine, or just get out in the garden and hang out with nature. Spring is a new bloom of life for all of nature, so get a new bloom of life for your own self!



Are you still struggling to come up with something to do during spring? Go outside! The weather's great, the birds are chirping, and the fun's waiting! Try your luck birdwatching or go out camping in the woods and fall asleep to the sounds of nature. With all of these activities, there's no doubt spring is the greatest time of the year!

Celebrity Birthdays

By: Samantha Reeves

Parties, cake, friends, and presents are amazing ways to spend your birthday. Most people have parties with balloons everywhere and a huge cake. People wait all year for their special day so they get to do what they want to do. Celebrities also have parties and celebrations.

This month there are a lot of celebrity birthdays, but I have chosen a few of my favorites.



Helena Bonham Carter:

Date of Birth: May 26, 1966

Birth Place: London, England

Acted In: *Cinderella(2015), Alice in Wonderland(2010), Charlie and the Chocolate Factory(2005), Tim Burton's Corpse Bride(2005), Harry Potter and the Order of the Phoenix(2007), Harry Potter and the Deathly Hollows Part 1 and 2 (2010 and 2011)*



Dwayne Johnson

Date of Birth: May 2, 1972

Birth Place: Hayward, California

Acted In: *Moana(2016), San Andreas(2015), The Tooth Fairy(2010), Game Plan (2007), Jumanji: Welcome to the Jungle(2017), and Planet 51(2009)*



Sabrina Carpenter

Date of Birth: May 11, 1999

Birth Place: Lehigh Valley, Pennsylvania

Songs: "Thumbs"(2017), "On Purpose"(2016), "Wild Side"(2016), "Smoke and Fire"(2016), "Eyes Wide Open"(2015), and "The Middle of Starting Over"(2014).



Ian McKellen

Date of Birth: May 25, 1939

Birth Place: Burnley, Lancashire, England

Acted In: *Beauty and the Beast*(2017), *The Hobbit*(all 3)(2014, 2013, and 2012), *Lord of the Rings* (all 3)(2001, 2002, and 2003), and *Flushed Away*(2006).



Bing Crosby

Date of Birth: May 3, 1903

Birth Place: Tacoma, Washington

Songs: "I'll Be Home For Christmas"(1943), "Stardust"(1940), "Singing in the Rain"(1952)," I'm Dreaming of a White Christmas"(1954), "Baby It's Cold Outside"(1944), and "You Must Have Been a Beautiful Baby"(1938)



Adele

Date of Birth: May 5, 1988

Birth Place: London, England

Songs: "Someone Like You"(2011), "Rolling in the Deep"(2011), "Hello"(2015), "Set Fire to the Rain"(2011), "When We Were Young"(2015), "Water Under the Bridge"(2015), "Send My Love"(2015), "Rumor Has It"(2011), and "Skyfall"(2012).

I hope you guys enjoyed learning about these celebrities as much as I did.

Cites Used:

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Havlicek Stole the Ball

Drew Lyle

For the last fourteen years of my life, my dad has called me, “Hondo.” I never understood what it meant or whether it was a good-natured insult or a complement, so I looked up Hondo one day, and the name, “John Havlicek,” popped up. On April 15th, 1965, a middle-aged man became more than just any middle-aged man. He did something that will forever live in Celtics lore, one single play that capitalized all the grit and grime he took when he arrived in the Boston Garden. Lionel Hollins, the young, athletic point guard for the 76ers, thought for sure the ball would sail over Havlicek, nicknamed Hondo, and into his waiting arms. He was wrong, and Havlicek soared like a Northern-Fulmar (A bird indigenous to Boston, the site of where he stole the ball.) through the air and snatched the eight pound, 29.5 inch circumference Spalding-brand ball out of the air.

Young high-school Havlicek was enrolled to go to The Ohio State, but not only for basketball. The myth says that Havlicek could throw a football 80 yards, and even as a quarterback, he could outrun anyone on the football team. The Ohio State football coach wanted him to play football for him, but Havlicek had a dream for basketball and pursued that.

The coach said that the best football player in the Big 10 (the conference that Ohio State is in) isn't even playing football. But somehow everywhere he went, he was never remembered. At Ohio State, he went to three straight National Championship games, but still wasn't remembered. He was Jerry Lucas's sidekick. He worked as hard as he could; didn't even drink a Coca-Cola in college. He never worked for fame, and never was really remembered. But his teammates always remember him as a hero. Bill Russell said, "Maybe a super-sub at one time, but always a superstar, always a superstar." As a senior at OSU, he was voted captain, even with Lucas on the team, he received every vote but one; Havlicek voted for Lucas. Havlicek's quiet demeanor matches his play. He never was the super-star on any of his teams after high school. On the Celtics, he was drafted solely on being just a sixth man to fill in for Jack Ramsey when he was tired. Obviously, his role on the team wasn't predicted, though for most of his career he came off the bench. He was still an eight-time NBA champion, a one-time NBA Finals MVP, 13 time NBA All-Star, 4 time All-NBA First Team, Seven time All-NBA Second-Team, NCAA Champion, and his No. 17 is retired by the Boston Celtics. He was the Celtics All-Time leading scorer, though before the Celtics he was never a shooter. He always drove to the basket and dished the ball off to teammate, but on the Celtics, with Bob Cousy, Hall of Fame point guard, to drive, and Bill Russell to score at the hoop, there was no need for another driver.

He always drove to the basket and dished the ball off to teammate, but on the Celtics, with Bob Cousy, Hall of Fame point guard, to drive, and Bill Russell to score at the hoop, there was no need for another driver. His defense never lapsed, making the First-Team All-Defense five times. Sometimes known as the best player ever, his teammate Bill Russell had this to say about him: "He is the best all-around ball player I ever saw," said Russell. He was able to maintain that label his whole life, due to his conditioning on the court and off. "He's a road runner taking you through every ditch, every irrigation canal, barbed-wire fence and cattle guard. You've had a trip over the plains when you've played him for a night." – Pete Newell "You're crazy...nobody runs like that," complained Loscutoff. "Slow down." John simply responded by saying, "Quit pushing me around and I will quit running so hard." Yet he kept running past frustrated opponents from the beginning of his NBA career to the end 16 years later.

Even in his retirement, he has stayed out of the spotlight. He had a brief stint as a basketball commentator, but he spoke with a lisp and watching basketball made him miss it more. His actions are very different than Bill Walton's. He is usually seen on TV as the Pac-12 basketball commentator in his orange and blue tie-dye shirt. After researching it, I realized that being called, "Hondo," wasn't an insult. Hondo was always a classy man, never wanted the spotlight, and always fought until the end on the basketball court.



Gemini: the 5th Sign of Astrology

By Emily Faint

So, I normally don't pay too much attention to things like astrology or horoscopes, but I was bored one day and decided to look up my zodiac sign. A zodiac sign is a type of sign that tells you your personality, generally. There are twelve, and they are Aries the Ram, Taurus the Bull, Gemini the Twins, Cancer the Crab, Leo the Lion, Virgo the Virgin, Libra the Harp, Scorpio the Scorpion, Sagittarius the Archer, Capricorn the Sea Goat, Aquarius the Cup-Bearer, and Pisces the Ichthyocentaur.

My sign is Sagittarius. The personalities of a Sagittarius are bravery, beauty, optimism, carelessness, and rashness. My stone is topaz, my lucky color and number is light blue and six. My best matches are those with the zodiac sign of Virgo, Leo, and Aries. Some famous celebrities with these qualities are/were Mark Twain, Beethoven, Taylor Swift, and Britney Spears.

Since the month is May, I will talk a little about you lucky people with this zodiac.

If you were born in May, your zodiac is Gemini. *Gemini* is the Greek word for *twins*. Ever heard of the stars Pollux and Castor? Those are the two main stars in the constellation Gemini. Gemini are smart and cheerful, but their weaknesses are that they are fickle and gossipy. Your jewel is opal, and your color is yellow. Your best matches are those with Aquarius, Leo, and Sagittarius. Start looking for these matches, Gemini, before all of the good ones gets away!

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Thank you so much for reading the final West Point Gazette! It has been a wonderful year, and we couldn't have done it without all of you. See you next year!