

Voices From The Middle



Figure 1 Derek and Stuart hammed up their stress for the picture, but make no mistake: teen stress is real.

Teen Stress Is For Real

By Taylor W.

Boys, school, and family seem to cause a lot of stress for a teenage girl. The problem is that most girls don't vent their stress in the proper way or just don't vent it at all. It's about time that teenage girls have an appropriate, healthy way to relieve stress.

There are good, healthy ways to relieve stress and there are also bad, unhealthy ways to relieve stress. One way that some people relieve stress is to over eat. If a girl eats when she is stressed, then she might eat if she has a big test, or if her boyfriend breaks up with her. Eating when stressed could cause a person to over eat. When you continue to eat when stressed, it becomes a habit, something as regular as brushing your teeth. Bad habits are a lot easier to break if you never get into them. A good alternative to eating when stressed would be to exercise. By exercising people will be less stressed and healthier.

Another healthy way to relieve stress is to write in a journal or diary. By writing down thoughts and feelings people are less likely to take out their feelings on others, creating a better relationship with family and friends.

The last thing that teenage girls tend to do is to keep it all bottled up inside. Once again you could write it down in a journal or tell a friend or family member. This way you're expressing how you feel and your friends and family could help you to relieve some of that stress.

So there you have it, three short, sweet and simple ways to relieve stress. If these suggestions are used in the correct way, then your stress should be reduced at least a little bit. Not only will your stressed be less, but it will be lessened in a healthy way.

Special TAG Events

- October 3 8th Grade TAG students to **St. James Art Fair**
- October 21 7th Grade TAG to **The Odyssey** at Stage One
- October 24 and 25 **Night at the Museum** for 7th Grade TAG
- October 31 8th Grade TAG to **Dracula**

"There are good, healthy ways to relieve stress and there are also bad ways. . ."



Kristi went "native" for her field trip to Painted Stone.





Students worked on their tenth year of volunteering for the Painted Stone Re-enactment Festival for the Parks Dept.

Field Trips: Discovering Your Community

By Kathie Wrightson

If a principal ever asked me what I'd love to have for my "classroom," I'd tell him simply this: a bus. Just give me a bus.

In the course of a year, I may take TAG students on a number of field trips. Each of them has a specific goal; each of them expresses the personality of a different part of the community. And if hard -pressed to cut one or two, I wouldn't know where to start. I'd like to think my students remember all the fine lessons I've ever taught them. Truth be told, what students best remember are the things they did, and that always comes back to field trips.

Even when a field trip goes awry, they are still fine. One year, I

took students out to the UL Speed School for a little dose of Artificial Intelligence. We actually got lost on the elevator. Not a shining moment in my life, but once we were "found," and met our professor, everything went beautifully.

I've long ago abandoned the idea that a classroom could only be within four walls. In fact, discovering the gems within our community continues to form the very foundation of my teaching with gifted students.

Let me leave you with this idea. Field trips can come from home, too. Think about a family outing you can take with your TAG student. You might just be surprised at what you find out together.

Voices

By Samantha O.

I believe that teens should have a voice because we need to be heard. Believe it or not teens have a lot to say. This is the time when we start developing our own ideas and opinions, and we would love to share them with you.

That is why we have chosen to name this online magazine Voices. It is written by the students of Shelby County East Middle School. Teens have voices too.

We hope you enjoy our magazine. This is our first edition and there are many more to come. Look for a variety of articles that will concern our teen audiences.

Teens need a voice.



Left, Lauren and Callie have so much to say. .

Right, Jorge and Abby learn from a master craftsman.



Figure 2 Art students enjoy the St. James Arts Fair.

This online magazine is designed, written and produced by students at East Middle School in Shelbyville, KY.

All photography and most articles are written by middle school students. We want to hear from you.

Contact us at:

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Let us know what you think!



Gabby shows off her wonderful reading project!

ASK The Girlz!

By Brooke
And Blair



Girlz I need your help,
My boyfriend just broke up with me from a long term relationship and I'm crushed. What should I do, I liked him so much?! I'm devastated. HELP.



Sincerely,

"Crushed"

Realize that things were just not working out. Try to move on. Focus on bigger and better things, by getting your priorities straight. Now might be a good time to join a new club or sit with another group at school. Give yourself time to be sad, but surround yourself with positive people. And btw, check out Taylor's article on stress. How about a few laps around the neighborhood? Exercise will make you feel better, too.

Be sure not to rush into another relationship, and give yourself time to enjoy being "single." Make sure that you are totally over him. Be your own best friend, girl.



Let's all realize that boys are fun, but there's so much to life than just having a boyfriend. Ain't it great to be a part of the *Girlz!*

To learn more, go to www.smartgirls.org



Now You're Cooking
By Abby S.
And
Lauren W.



Open up the fridge and what do you see? Lots of food that's all for me! Have you ever been home alone and wanted something yummy to eat, but weren't allowed to use the oven? Or have you ever wanted to make a hot snack after school but didn't have the time to wait for the oven to pre-heat and cook your food? Of course none of us have all day to wait when we want a fast snack, so microwave food are a quick way to have sweet treats that t-tasty whenever your tummy gets a little rumbly!

When cooking with microwave more nutrients are retained since there is a shorter cooking time. Other ways of cooking or heating food take out some of the nutrients when they have to cook for so long. Since the microwave cooks the food in its own moisture, no extra fats like butter or oil have to be added.

Microwaves are quick, and can cut the cooking time of whatever you are making in half. Instead of frying bacon in a pan with lots of oils for around five minutes, you could cook simple foods in the microwave for only two or three minutes. It's the same with Macaroni and cheese and popcorn.

Lastly, microwaves can enhance the natural flavors in foods so you are less likely to add more salt or butter. They make your food taste as good as it possibly could without adding any more salt or butter. This way, the food can actually be healthier for you! The point of adding salt to your meal is to create a better flavor when it hits your mouth. Sadly, salt is all sodium, and too much sodium can create high blood pressure. The more you microwave, the less salt and sodium which means lower blood pressure. Lower blood pressure means a lesser chance of heart attack or stroke. Sounds good to us!

Cracker Pizza!

Ingredients:

Whole wheat crackers

Pizza Sauce

Pepperoni (or any other pizza topping you love)

Shredded Mozzarella Cheese

How-To:

1. On each cracker spread an even amount of pizza sauce, so it's not overflowing over the edges, but just so it covers the whole cracker.
2. Place a pepperoni on top of the sauce, (or pizza topping of your choice) and push down lightly but be careful not to crush the cracker!
3. Sprinkle the top with the mozzarella.
4. Microwave on High for 1-2 minutes or until your cheese is melted to perfection.
5. (Our favorite step!) ENJOY!

