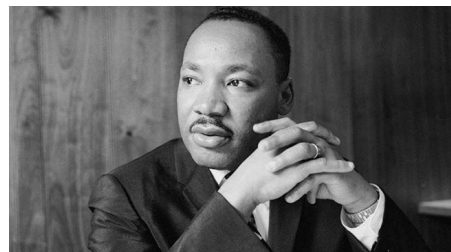

THE MIDDLE PAGES

Black History Month

Black History Month started in 1926, and was created by Dr. Carter G. Woodson. Woodson was born into slavery in the state of Virginia in 1875. In Virginia, Woodson encountered discrimination because there were no schools for former slaves. Instead of going to school, he worked in a coal mine until he was 20 years old and was able to attend high school. Only 12 years later, he received his PH.D in history from Harvard University. Woodson established Black History Month to promote people to educate themselves about black people's culture and history. He believed that many people in the U.S did not know enough about black history. "Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history." After years of trying to make Black History Month a national commemoration, in 1976, President Gerald Ford fulfilled Carter G. Woodson's goal by declaring the month of February to be Black History Month.

Who comes to mind when you think of Black History Month? Here are some African American leaders that made a huge impact in the past, beginning with the most well known, Martin Luther King Jr. His impact changed the world and encouraged people to stand up for what is right. King was a minister and a human rights activist. He led civil rights marches across the United States.

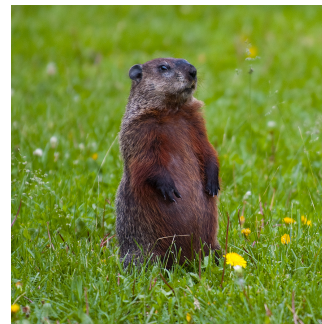


Black History Month is important and should be celebrated throughout the nation. It is a way of remembering major events and people in the black community. People learn about culture and traditions during Black History Month. Because of King's famous "I Have a Dream" speech and many of the incredible things he did, he was granted the Nobel Peace Prize in 1964. King has been and continues to be an inspiration to many black individuals.

I interviewed Mrs. Moore, the leader of the Social Justice Club, on her opinions and thoughts on Black History Month. My first question was, "How could students educate themselves on Black History Month?" Her response was that students should read books about the experiences of black people and books written by black authors. My second question was, "During the past club meeting, have you talked about Black history month? If not, what would you want to talk about?" She responded by saying that, unfortunately, they did not talk about Black History Month. She would have liked if they made posters that showed important black people and had a WCMS "commercial" about the significance and importance of Black History Month. She would have also liked to have idea starters for people to talk about at lunch so they would be able to learn about Black History Month.

Groundhog Day

Today, Groundhog Day is a fun holiday celebrated annually. The legend is that a groundhog comes out of its hole on this special day and sees its shadow, gets scared, and runs back into its burrow, predicting six more weeks of winter weather. If the groundhog does not see its shadow, there will be an early spring. The famous groundhog is known as Punxsutawney Phil. This is the groundhog that is shown on TV and makes the decision if spring will come early, or if winter will continue.

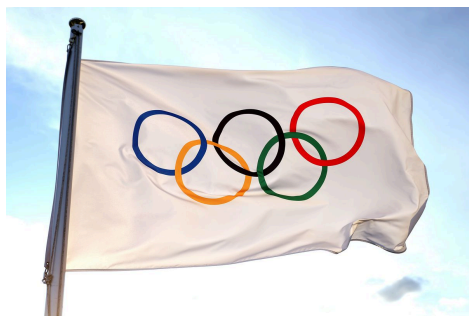


However, the original meaning of Groundhog Day was much different. Groundhog Day comes from the ancient Christian holiday, Candlemass. During this holiday, candles would be blessed and passed out by the clergy to help with the cold winters. The candles would determine how long winter would last. Germany is where the rodent was brought into the mix. They would find a hedgehog in hibernation and wake it up. If the animal stayed awake, spring would come early. If it went back to sleep, winter would remain.

In Pennsylvania, groundhogs are a much more common animals, so that is what the state decided to use. Some other states use different animals, such as woodchucks and pigs. Although we all know and love Punxsutawney Phil, the roots of this holiday go far back to before he was around. However, not all countries celebrate Groundhog Day. It is primarily celebrated in Canada and the United States.

Winter Olympics

After a four year wait, the Winter Olympics have finally returned, and they were held in Beijing this year. It is the 24th annual Winter Olympics. They first started in 1924 and originated from Ancient Greece. Today, the most popular events include ice hockey, curling, figure skating, snowboarding, and skiing. Famous athletes like Shaun White, who retired then came back and participated in this past Olympics, Mikaela Shiffrin, Alex Ferreira, and Chloe Kim all competed this year. America, winning many medals, landed in fourth overall.



In the Winter Olympics the United States managed to get eight gold medals, ten silver medals, and seven bronze medals. They won gold in a bobsleigh event, freestyle skiing, cross-country skiing, snowboarding, figure skating, and speed skating. There were 225 American participants. The U.S. won fifth place in the Olympics, while Norway won first place. A United States trio that included Ashley Caldwell, Chris Lillis, and Justin Schoenefeld even beat China and won the first aerial freestyle skiing gold medal since 1998. The United States had a very good showing at the Olympics this year.

The 2022 Winter Olympics held many record breaking events and was a first for many things. Timothy LeDuc was the first non-binary Winter Olympian, and Erin Jackson was the first black American woman to win speed skating. Irene Wuest became the first Olympian to win five individual gold medals in five different Olympics. Sarah Nurse became the first black woman to win gold in hockey. Shaun White, a snowboarder, retired at the end of this season. Nils Van der Poel broke the men's 10,000m speed skating record with 12:30:75 seconds. Kaishu Hirano broke the record for height reached in the snowboarding halfpipe, 24 feet 4 inches. American Nick Baumgartner won gold at the age of 40, being the oldest snowboarding medalist. Eileen Gu won medals in halfpipe, big air, and slopestyle. The United States and many other countries created new records for future athletes to break and live up to.

Student Poll

The Centerville Middle School hosted a school wide poll asking the students which teacher they would like to see have their own reality television show. The students decided that the Technology Education teacher, Mr. Oster, should get the TV show. He blew the other teachers out of the competition with 69 votes. Congratulations to Mr. Oster!

Rainy Day Activities

On a rainy or cold day, you won't want to be outside doing activities, so you will have to find fun activities that are inside.

If you want to play laser tag with friends, laser dome is great. It is not very expensive, and it is great for most people who like arcades, laser tag, and a good time.

If you are willing to drive to Ephrata, you can go to Art of Recycle. Art of Recycle is a nonprofit organization where you can go and do crafts for free, buy art supplies, and even buy old video game consoles for a fairly inexpensive price.

If you want to watch a movie, but your parents or guardians are making you pay, you should go to Kendig Movies. They have most new movies and movies for all age ranges.

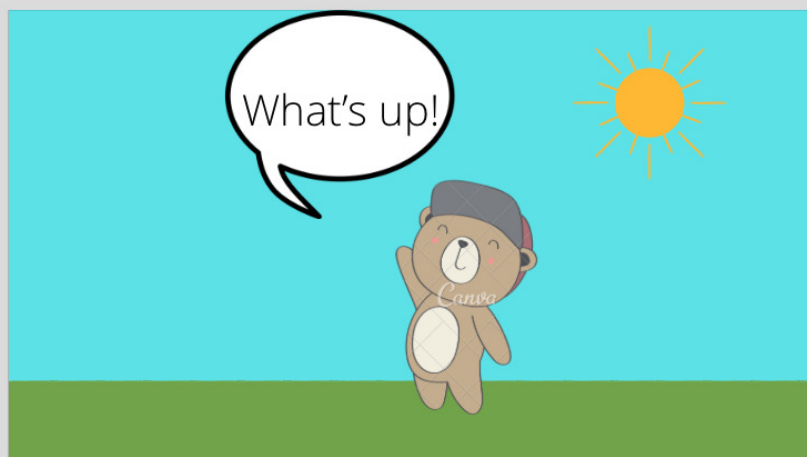
If you want to go somewhere to do all sorts of activities, head to Round 1. They have everything from a massive arcade to spo-cha. The arcade has a lot of fun games, such as a 5D version of Asphalt 9. Spo-cha is an indoor sports complex with things like mini bikes, hoverboards, batting cages and trampolines.

All of these ideas are great, but one of the best ideas is to choose a movie trilogy like Star Wars or Lord of the rings. You can get snacks and your comfiest blanket.

Another option is to get out fun board games, like Monopoly and Risk. Grab some snacks, relax, and have fun.

You don't need to go places or buy anything. The most important thing is to have fun and be happy.





"What's up"
by nick
Ranauro



Transition From 8th Grade to 9th Grade

The transition from middle school to high school may seem scary. To make it easier, we have gathered some tips and tricks from current 9th graders and CMS teachers. Hempfield High School student Alex Burdyn says "[It is] a larger environment...and as long as you stay on top of your work, you should have no issue with keeping good grades." You should know that periods are longer, so you only have 5 per day. Mrs. Midgett, FCS teacher, says to not let your absences pile up. Mrs. Axe informed us there will be more homework and more independence. A very helpful tip from Mrs. Kramer is to stay out of the commons. Everyone stands there and it is incredibly hard to get through. The high school teachers will give more homework, and you will be expected to get it done and manage your time wisely. The transition can be easy, you just have to know what to expect, and what to do to improve your time management.

Men's March Madness

March Madness begins March 13, and many people are excited for it to begin. 68 college basketball teams will compete in 7 rounds of high stakes games until there is one final winning team, which will be dubbed national winners. In this season of March Madness, you'll see what teams win in the 7 rounds of games, statistics of certain players, and the upsets of March Madness.

Miami crushes Auburn 46 to 29. Auburn coach Bruce Pearl states "We were disrupted. We were getting out played." So the question is, we're the players just not ready to play Miami? Jabari Smith says "They're just physically in every catch. They sent somebody anytime I tried to attack or move. They just kept bodies on me." Coach Bruce Pearl's accusations on Auburn being disrupted seem to be true. Miami's great defense gave Auburn a very hard night, and a tough loss.

Another huge upset with Iowa winning against Wisconsin. That game, Iowa had phenomenal defense that Wisconsin just couldn't take. Jonny Davis of the Wisconsin college says "They put a really good pressure defense, they did a really good job of taking away passing lanes. I just think that we just straight up missed shots and didn't share the ball the way we were supposed to." It appears that Wisconsin just wasn't ready to play Iowa. Maybe this loss happened because they lost point guard Chucky Hepburn? Either way, Wisconsin was just not ready to play Iowa.



catch up. A Houston guard, Jamal Sheard, scored 21 points that game, after scoring 18 points against Illinois. Arizona coach, Christian Kokomo, keeps his head up as he states, "Once we come out of the locker room, we feel like we're supposed to be here at all times. We always feel like the toughest team out there and always try to play like it. We always have each other's back, and I think that's the most important thing there. We can't be scared of anybody if we all are together and just trying to go at it all the time." Hopefully the Arizona Wildcats didn't take this loss too hard.



Houston had a major upset occur when they beat Arizona. Arizona's offense ran into trouble with Houston's strong defense throughout the game. Because of Houston's defense, they caused Arizona to score 24 points under their average with 33 percent shooting. The Arizona Wildcats had a chance at the number 1 seed, but the cougars took the lead in the first few minutes of the game, and the Wildcats just couldn't



A HUGE upset with Saint Peter's continuous wins against many college teams. Recently, the team beat Purdue. The Saint Peter Peacocks put up amazing defense against Purdue, and they forced them to score an abnormally low rate of 42.6 percent shooting. The peacocks switched to a zone defense later on in the game, and nobody from Purdue could save the game by hitting 3 point shots. This game was a close one, with 10 ties, and 15 lead changes throughout the whole game. The largest lead of the whole game that the Peacocks got from Purdue was a 4 point lead. Saint Peter's guard, Doug Edert says "We're happy, but don't mistake, we're not satisfied. We're not satisfied at all. The job is not finished. We feel like we belong, and the more games we win, the more confidence we build." Hopefully the Saint Peter Peacocks can continue making these huge upsets, and get the number 1 seed.



March Madness ended on April 4th, with the Kansas Jayhawks being the champions. The Jayhawks won playing against the Carolina Tar Heels, winning with the score of 72 to 69. In the first half, the Jayhawks trailed the Tar Heels by 15 points, but number 1 seed team retaliated with a very impressive second half. Once the second half started, the Jayhawks put up an amazing offense against the Tar Heels by scoring 47 points. David McCormack, a starting forward for the Jayhawks, scored the final 4 points, including a bucket that gave the team a lead with a score of 70 to 69 points. After the tough game, The Kansas Jayhawks came out on top, thus being dubbed the 2022 March Madness champions.

Girl's March Madness

Beginning on Sunday, March 13, March madness has their first face offs. The biggest upset of the first round was Florida Gulf Coast, beat the Virginia Tech. Throughout the season the main leaders were UConn, Louisville, Stanford, and South Carolina. They have won all of their games so far and are going into the final four strong. South Carolina is playing Louisville and UConn is playing Stanford. UConn and South Carolina made it to the finals and South Carolina won with the final score being 64-49. In summation, the Women's March Madness season was a great season and everyone did great.



PSSA Tips

With PSSA testing coming up, it can be a stressful time for students. Some students find these times overwhelming and tend to overthink. If you feel unprepared here are some helpful tips!

It's important to get a good night's sleep. When test taking, not getting enough sleep will cause students to react slower. Staying hydrated is also just as important. Drinking enough water can help enhance memory performance. You will perform better because information will also flow easily between brain cells. Take the extra time out of your day to pack a water bottle and eat a healthy breakfast.

If you find yourself struggling with the math PSSAs. Mr. Wagaman, an eighth grade math teacher, recommended students to not use scratch paper, "You can circle, highlight, underline and solve your equations in the book. Don't use the scratch paper you can write in the book." You might find it easier to work in the book because you don't have to flip back and forth.

When taking the English PSSAs most students stress about the essay portion of the test. Mrs Axe, an eighth grade ELA was asked about common mistakes students make and responded with, “Just reading the question and reading the answers quickly is the biggest mistake. Not using the proper essay structure is a big mistake too.” Students often feel rushed and try to answer quickly. It’s important not to forget that the test isn’t timed. You will find yourself more successful if you read each choice carefully. For the essay portion, using the proper essay structure will help make your essay more concise. The passages in the test might not interest you, but try to stay focused. If you need to, underline the main idea in each paragraph to get a better understanding of the text. The ELA portion will be easier if you use these simple tips.

Although the PSSAS are majority multiple choice they do have few open ended questions. Some students find themselves stumped on a question and leave it blank. You can earn points even if you get an open ended question wrong. If you get stumped on a multiple choice question, try using the process of elimination. Typically, two answers are easy to eliminate and don’t answer the question. The other two are similar possible answers. In this case, choose the answer that best fits the question the test is asking. Even if you think they are both right, choose the better answer. When taking the test, remember to use the strategies that work best for you.

Using these tips for the test should lessen your stress. Getting enough sleep and staying hydrated will help you perform better. Since you have unlimited time with these tests, you can take the time to annotate in the booklet if you need to. The key to doing well on your essays is using the proper structure and being concise. On both tests you can use the process of elimination to help you. If the test stressed you out before, hopefully you feel more prepared.

Recipe

SHORTCAKES

¼ cup sugar
1 tablespoon baking powder
½ teaspoon kosher salt
2 cups all-purpose flour, plus more for surface
6 tablespoons (¾ stick) chilled unsalted butter, cut into pieces
1 cup heavy cream
1 large egg, beaten to blend

BERRIES AND ASSEMBLY

1½ pound fresh strawberries, hulled, quartered (about 3 cups), divided
4 tablespoons sugar, divided
2 sprigs basil
2 cups heavy cream
2 tablespoons crème fraîche

Preheat your oven to 400° F. Whisk the sugar, baking powder, salt, and 2 cups of flour in a large bowl. Using your fingers or a pastry cutter, work in the butter until it is the texture of coarse meal with a few pea-size pieces of butter remaining. Add the cream and mix until the dough just comes together (it will be sticky).



Turn out the dough onto a lightly floured surface and pat it into a 12 inch x 4 inch rectangle about $\frac{3}{4}$ of an inch thick. Cut out rounds with a 2½ inch biscuit cutter, re-rolling scraps as needed to make 8 rounds. Whisk the egg with 1 tablespoon of water in a small bowl. Transfer the rounds to a parchment-lined baking sheet and brush the tops with egg wash. Bake until the tops are golden brown and the shortcakes are cooked through, about 15–20 minutes.

Coarsely chop 2 cups of strawberries and cook them with 2 tablespoons of sugar in a medium saucepan over medium heat, stirring occasionally. Do this until the berries are softened and the mixture is slightly thickened, about 5 minutes. Let the berry compote cool.

Meanwhile, toss the basil, 1 tablespoon of sugar, and the remaining 1 cup of strawberries in a medium bowl. Let it sit until the fruit begins to release juices, 10–15 minutes. Discard the basil. Using an electric mixer, beat the cream, crème fraîche, and the remaining 1 tablespoon of sugar to soft peaks, about 4 minutes.

Split the shortcakes and fill them with berry compote, whipped cream mixture, and macerated strawberries.

Her Eyes

When I look through her eyes
I see how bright the sun shines
When I look through my eyes
I see how easily the clouds cover the sun
When I taste what she taste
I taste the sweetness of sugar
When I taste what I taste
I taste what rots my teeth
When I see her smile
I see boost of serotonin
When I see my smile
I see it fade too quickly
When she believes what she believes
She believes what she hears
When I believe what I believe

I believe what is true
When I dream what she dreams
I dream of a life perfect for me
When I dream what I dream
I dream of lifestyle just out of reach
When I love what she loves
I love what my heart longs for
When I love what I love
I love what my brain desires
When her eyes close
She think about when they can open
When my eyes close
I wish I could keep them closed for a little longer
In a few years she will see
What I see

About the Middle Pages

Centerville Middle School’s newspaper is composed of both 7th and 8th graders. The students brainstorm new ideas each quarter to cover; their purpose is to inform their peers bout topics that they believe are valuable. Mr. Harbeck, a seventh grade ELA teacher advises the group of students throughout the school year as each paper is published. The members of the Middle Pages are as follows:

8th-Grade Members:

- Mila Wachstein (Co-Chief Editor)
- Leah Brenneman (Co-Chief Editor)
- Olivia Schmidt-Varga (Co-Director of Sports)
- Nathan Moore (Co-Director of Sports)
- Alexandra Cluck
- Madison Smith
- Lariah Bruce
- Sofia Blyznyuk

7th-Grade Members:

- Isabella Moore
- Nicholas Ranauro
- Declan Biddle
- Raja Belachew
- Eman Adinew
- Alyssa Reed
- Laith Altufayli