

PAW PRINTS

Advisor: Mrs Poulton

January 2024

hmspawprints@mtlaurelschools.org

Harrington Snowball Dance!!!

Put on your dancing shoes and get ready to dance the night away at the 2024 Harrington Student Council and PTO sponsored Snowball Dance.

When:

8th Grade-January 26th 6:30-8:30 pm

7th Grade-February 2nd 6:30-8:30 pm

Cost-\$10

Permission Slips required for admittance



Martin Luther King Jr. Day

By: Rose N.

Martin Luther King Jr. was a significant and recognized leader and civil rights activist. He was born on January 15, 1929, to Martin Luther King Sr. and Alberta Williams King. He had an older sister and a younger brother. He was married to Coretta Scott King and they had four children together. Martin Luther King Jr. was a minister, writer, orator, philosopher, and most importantly a civil rights activist. His life goal was to find equality and human rights for African Americans, the economically disadvantaged, and all other victims of injustice. He wanted to do all of this through peaceful protests, too.

Martin Luther King Jr. organized many marches and protests. His most famous march was his March on Washington on August 28, 1963. The march was a 3 hour long program when the 250,000+ participants marched a mile from the National Mall to the Lincoln Memorial in Washington D.C. At the March on Washington, MLK had his famous "I Have a Dream" speech. A synopsis of his speech is that all men have been created equally, so they should be treated equally. He believes freedom should be made everywhere so there is no segregation. King makes an emphasis on how all protests should be done in the most peaceful way possible. In his speech, he says these words, "We must not allow our creative protest to degenerate into physical violence." He is saying that protests and marches and rallies should always be done kindly and never get to the point of physical attack. If you would like to read the rest of his speech, you can look at this website:

<https://www.npr.org/2010/01/18/122701268/i-have-a-dream-speech-in-its-entirety>

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On April 4, 1968, at 6:01 p.m. CST, Martin Luther King Jr. was tragically shot. King was standing on the second-floor balcony outside his motel room at the Lorraine Motel in Memphis, Tennessee. He was fatally shot by James Earl Ray. MLK was rushed to St. Joseph's Hospital, but he passed away at 7:05 p.m. His death sparked major outbreaks of racial violence, which resulted in 40+ deaths nationwide and damage to 100+ cities. At his funeral, a recording was played of King saying how he wanted to be remembered after his death. "I'd like somebody to mention that day that Martin Luther King, Jr., tried to give his life serving others." Now, we honor him on the third Monday in January, which was January 15 this year.

Martin Luther King Jr. asks us to continue his legacy even if he isn't with us today. He wants us to continue working on social justice and equity. You can do this by volunteering or working and participating in your community to make it a better place. There are many places near us where you can volunteer. If you are interested, you can look into these organizations.

- The Animal Welfare Association in Vorhees, New Jersey is always looking for volunteers and donations. They are a low-cost pet clinic, adoption center and no-kill animal shelter who rely on local donations to fund life-saving programs. <https://www.awanj.org/volunteer/>
- Habitat for Humanity is a program in Maple Shade, New Jersey. This organization is where you can be a part of the change you want to see in your community. There are so many ways you can volunteer there. <https://www.habitat.org/volunteer/near-you>
- The Volunteer Center of Burlington County has different programs going on year round. They range from working to keep our parks clean to volunteering at food banks to helping at health associations. There are many volunteer opportunities for people ages 13 to 15.. <https://www.vcobc.org/data/files/vodirectory2023.pdf>

Working on Those New Year's Resolutions?

AasheetaN

We try to start every new year with the best intentions and the hope and desire to become a better version of ourselves. Whether it's setting new fitness and health goals, improving our mental health or dealing with stress in a better way, the New Year brings you an opportunity to allow meaningful changes for yourself. So why is it that billions of people make resolutions for themselves knowing that the odds of them following their goals are minimal?

New year's resolutions are a way for people to have a goal to reach by a set time, but the majority of people abandon their resolutions and goals for the New Year within two months. Fitness Expert, and owner of JRW Fitness, Jasper Rook Williams works with hundreds of people trying to improve their nutrition, lifestyle and health. He says, "The goals, if sometimes a little ambitious, are rarely the problem and they are all set with best intentions. The issue is there's rarely enough thought put into the approach. People have high ambitions hinging on mostly unrealistic and unsustainable methods. Rather than just thinking 'I'll eat salads and join a gym, people need to prioritize achievable routines, sustainability and lifestyle changes from a broader and more holistic perspective." According to the U.S News and World Report, the failure rate of a New Year's resolution is said to be estimated at 80%, with many losing their motivation and view of the goal around mid-February or early March.

In trying to decide changes to make to your life, people tend to think they need to strive for a certain goal that may not actually be important to them. It can be helpful to choose resolutions that have impact across your entire life and not just in one area. Kristen M. Carpenter, a chief psychologist in the department of psychiatry and behavioral health, was interviewed by the U.S News and World Report and she said that, "A more impactful approach is to create resolutions

that simultaneously enhance multiple areas of your life. For example, resolving to live in the moment can enhance your life personally and professionally.”

Deciding your New Year's resolution requires the right thoughts and intentions. Even though you may have already made goals for the New Year it is important to remember to make those goals sustainable, realistic and achievable. You shouldn't challenge yourself with a “pledge” that you won't be able to handle. It's better to start with smaller goals and stay committed in hopes of overcoming the bigger goals you would like to accomplish. Good Luck!

National No Name-Calling Week

Did you know that there is a week in January dedicated to the harmful effects of name calling. This year No-Name Calling Week is January 15-19. Although many may think that name-calling is just innocent fun, the truth is that many people are left damaged and traumatized by the names that they are called as children and young adults. In fact, many people will never forget the names that they were called when younger. No Name-Calling Week is observed during the third week of January to educate students, teachers, and the public on the harms of name-calling.

No Name-Calling Week was first observed back in 2004 and was created by K-12 teachers and students wanting to put an end to name-calling and other forms of bullying in school. The creation of the week was inspired by the 2001 novel *The Misfits* by James Howe which tells the story of four middle schoolers who are mocked at school for being different. Together the characters work to convince their principal to have a No Name-Calling Day to stop the mockery.

The sad truth is that name-calling is very common in schools across the country and the world. In fact, the habit of name-calling has become so prevalent that a survey revealed that around 75% of elementary school students admitted to having been called names in school, and 65% of middle and high school students confessed that name-calling was a serious issue in their schools.

The truth is names do hurt. We can all do our part to alleviate the pain caused by name-calling by simply thinking before we speak and avoiding derogatory names that make people feel uncomfortable.

How To Maintain Your New Year's Resolutions

By:Aashray Shah

New Year's Resolutions are a common tradition people do for the New Year's. The point of the resolution is to proclaim what you want to do better in the future upcoming year. However, 43% of Americans end up breaking their resolution before February even hits. Do you have this problem? If you do, read to find out how you can maintain your resolutions.

The first way to maintain your New Year's resolution is to be realistic. When you are making your resolution, you want to make it something you can accomplish or in simpler terms something you can actually do. For instance, if you set a goal to try and read 1,000 books, do you really think you will be able to accomplish this goal? Unless you read constantly for the whole year, I undoubtedly think this goal is way too far fetched whereas setting a goal to read 20 books throughout the year is a way more realistic goal.

The second way to maintain your New Year's resolution is to be specific. Your New Year's Resolution should be like a how to book, it gives step by step instructions to accomplish your goal. For instance, if you have a goal to get back into shape, you can accomplish this in a million different ways like going to the gym, walking, etc. This resolution isn't very specific so it is fond of being broken. On the contrary, you can set a goal to hit the gym for

one hour everyday. This goal is much more specific than the one I mentioned earlier allowing you to easily achieve your bigger goal of getting back into shape.

The final way to maintain your New Year's resolution is to share your goal with people you trust. If you share your goal with others, they may motivate you to keep going with your goal and to not give up. For example, some people often have a goal of getting back into shape but they always end up quitting. However, if you share your goals with your family, they will help/push you to keep going with your goal.

In conclusion, New Year's resolutions are a common New Year's tradition. Despite this, many people often end up breaking their goals early. To avoid this, you make your goal realistic, be specific with your goal, and to share your goal with trusted adults. Try it for yourself, it may work!

Kirby's New Year's Check In Corner

By: You know by now.

Welcome!

Well, I should be saying "Welcome to 2024." Now, you may be saying to yourself "New year, new me." That feeling that you want to (and need to) change something. However, that might not always be the case. Check out the questions below whenever you feel like you need them. Take your time, no pressure!

If any, list some of your New-Year's goals.

Why do you want to make these changes?

Now, I want you to stop and think for a moment. ask yourself "Is my goal reasonable?" You may be pushing yourself a bit too hard. Think about why. Then, take the time to recite these phrases.

I am unique.

I am important.

I am a good person.

I can do anything.

Unacknowledged Civil Rights Leaders

By: Aarav S

Martin Luther King's unforgettable "I Have a Dream" speech and Rosa Parks's brave move to not let go of her bus seat, are all remembered moments of the Civil Rights Movement. And although they are important people, many others contributed to the fight for equal rights, besides them, who unfortunately are underappreciated. Below are just a few of the many men and women who fought for civil rights and often are overlooked.

Roy Wilkins

Roy Wilkins was an important figure in the Civil Rights Movement. He was the Executive Secretary of the National Association for the Advancement of Colored People and later the Executive Director, of an organization aiming, "To ensure the political, educational, social, and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination." Not only that but he's participated in various marches such as the March on Washington, the Selma to Montgomery marches, and the March against Fear. He has also been awarded the Spingarn Medal, which is an award given by the NAACP to an African American who has made an outstanding achievement.

Dorothy Height

Dorothy Height was a civil rights activist who mainly focused on the problems of African women, and is known to be the first civil rights leader to actually consider it as a problem. Unemployment, illiteracy, and voter awareness were other problems that she focused on bringing awareness to. In fact, because of sexism, her being part of the Big Six was ignored, by a group of civil rights leaders, including Martin Luther King Jr. who all were major parts of the March on Washington for Jobs and Freedom.

Carter Woodson

Carter Woodson was a historian and author who was the founder of the organization, Association for the Study of African American Life and History (ASALH) promoting the study and appreciation of African-American history. He also studied the African diaspora, but what he probably was most famous for was to create Negro History Week, which eventually led to the creation of Black History Month. His nickname was, "father of black history".

Haitian Independence Day

By William W.

January 1st is Haitian Independence Day. Most of you may not know what or where Haiti is. Haiti is a small island country in the Caribbean Sea. It is on the island of Hispaniola along with the Dominican Republic. Recently, Haiti has found itself in a humanitarian crisis in the wake of multiple natural disasters, including hurricanes and earthquakes.

Haiti is a former slave colony of France. The Haitian Revolution was a period of time between 1791 and 1804 where slaves fought against French colonists. Haiti succeeded and became the first nation founded by former slaves. The Spanish started to enslave the native population in 1492, when the island of Hispaniola was discovered by Christopher Columbus. The natives were forced to work in the gold mines and the population was decimated by European diseases and horrid working conditions. And by the end of the 1500's, the natives were almost extinct.

More slaves were imported from other Caribbean islands to do the work. In the 1600's, African slaves were imported to Hispaniola. In the 1790's, slave revolts increased due to the French Revolution and increasing democratic institutions around the world. Vincent Oge, a merchant and military officer, led a massive slave revolt against the French but was captured, tortured, and then

killed. In the 1790's, Toussaint Louverture, a former slave and French military commander, led a massive slave rebellion that led to Haiti getting their freedom in 1802.

Positive Quotes

By: Sophia K.

Are you in need of something positive in your life? Well, here are some quotes that will make your sadness disappear.

- "Folks are usually about as happy as they make their minds up to be" By Abraham Lincoln
- "Happiness comes from you. No one else can make you happy. You make *you* happy" By Beyonce
- "The best way to cheer yourself up is to cheer someone else up" By Mark Twain
- "There is no path to happiness; happiness is the path" By Buddha
- "Happiness is what you think, what you say, and what you do are in harmony" By Gandhi
- "Enjoy life. There's plenty of times to be dead" By Hans Christian Andersen
- "And now that you don't have to be perfect, you can be good" By John Steinbeck
- "It is far better to be alone, than to be in bad company" By George Washington
- "Normality is a paved road: It's comfortable to walk, but no flowers grow" By Vincent van Gogh
- "That it will never come again is what makes life so sweet" By Emily Dickinson
- "Better an *oops* than a *what if?*" Anonymous
- "You can never be overdressed or overeducated" By Oscar Wilde
- "Happiness depends upon ourselves" By Aristotle
- "Peace begins with a smile" By Mother Teresa

Is It April Yet?

By: Kirby (Shawn H.)

Seasons. Spring feels relatively drawn out, but then summer zooms by, like a cheetah on a sugar rush, and don't even get me started on fall. But then there's what I like to call "The Winter Slump". Nothing but three or so hard months of snow, slush and ice. Relatively, pleasant weather feels like a distant memory. That's pretty much the whole reason we have so-called "National" days. Days that people dedicate to absolutely, random things! The month of January has a good few of these, some with meaning, some without. Join me as we dive into some of the more nonsensical ones:

National Polar Bear Plunge Day (January 1): Ever wated to jump into a freezing pond? Well, now you can go and start your *New Year* off with *Hypothermia!*

National Whipped Cream Day (January 5): Take today to celebrate the wildest whip this side of the US of A! And no, *Miracle Whip* isn't whipped cream.

National Take Down the Christmas Tree Day (January 6): In my opinion, the Christmas season's been over since the 1st, but the folks up top say that all the trees MUST come down on the 6th.

National Argyle Day (January 8): What's an argyle? A pattern with diamonds, of course! The more you know, the less you don't!

National Take the Stairs Day (January 10): Don't start off the New Year lazy! Stretch those legs!

National Rubber Ducky Day (January 13): Rubber duckies might be the ones who make bathtime tons of fun, but they also make the unluckiest day of the month a bit brighter.

Ditch Your New Year's Resolution Day (January 17): Wait, you're gonna give up 16 days in? Then again, what do I do?

National Penguin Day (January 20): Now, you may be asking "Why January and not December?" Search me, but all I know is that the 20th is for the birds!

Draw a Dinosaur Day (January 30): Dinosaurs have inspired many imaginations since 1824, so why not take some time to draw some!

National Zebra Day (January 31): The animal often associated with the last letter of the alphabet for the last day of the month. How fitting!

I bet you didn't know there were this many weird theme days, but weirdness isn't what they're about. "National" days exist to distract us from our run-of-the-mill lives, giving us something more... unique to think about. Who knows? Maybe you'll be the one who actually tries to draw a dino on the 5th or even takes the Polar Bear Plunge on New Year's Day! You never know where life will take you.

Taylor Swift Report

By: Emily A.

Did you know that Taylor Swift has 10 albums plus 4 "Taylor's Versions" which are *RED*, *Fearless*, *Speak Now*, and a new release *1989*. I asked the whole Paw Prints Staff what their favorite album was based on cover art and songs. Here are the results:

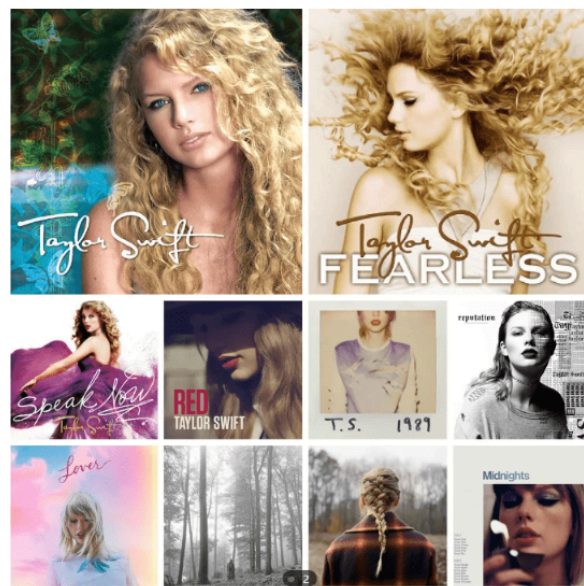
-Anonymous: *Red*

-Anonymous: "Karma" from *Midnights*

-Sophia: *Reputation* I like "Getaway Car" from *Reputation*, "Cardigan" from *Folklore*, "Better than Revenge" from *Speak Now*, "Welcome to New York" and "Clean" from *1989*

-Mrs. Poulton: *Reputation*- LOVE "Getaway Car" and *Midnights* "Bejeweled" and "Karma" make me smile.

-Shawn: *Folklore* is my favorite cover and I like "Cruel Summer" from the *Lover* album



-Emily(me): If I had to answer, I would say *Lover* and *Reputation* look the best, but my favorite songs are “Getaway Car,” “Me!,” “Lover” and most of the songs on the *Lover* album...especially “Cruel Summer”

-Liv: my fav albums are *Speak Now (Taylor's Version)* and *Reputation*. Some of my favorite songs are “Mr. Perfectly Fine,” “Sparks fly,” “All Too Well (10 minute version),” and “Style”. I pretty much like all her songs!

Do you guys agree with there answers?

Hope You All Have Many Wonderful Snow Days!

What happened today in history? (1-18-24)

By: Sophia K.

You may be surprised to learn that January 18th was an actually important day for several countries!

- 1871 - “The German Empire, forged as a result of diplomacy rather than an outpouring of popular nationalist feeling, was founded on this day in 1871 in the aftermath of three successful wars by the North German state of Prussia.”
- 1912 - “British explorer Robert Falcon Scott and four members of his expedition reached the South Pole, only to discover that Roald Amundsen had preceded them by a month; Scott and his men subsequently died trying to return to their base camp.”
- 1958 - “Willie O'Ree became the first Black athlete to play in a National Hockey League game when he debuted with the Boston Bruins against the Montreal Canadiens.”
- 1986 - “Martin Luther King, Jr., Day was first celebrated as a national holiday.”
- 2002 - “The civil war in Sierra Leone was officially declared over; more than 50,000 people were estimated to have died in the fighting and some 2,000,000 were displaced.”
- 2011 - “American diplomat and administrator R. Sargent Shriver, who served as the first director (1961–66) of the U.S. Peace Corps, died at age 95.”



(Flag of Tunisia)

Country of the Month

- Tunisia -

By: Sophia K.

Here are some interesting facts about Tunisia!

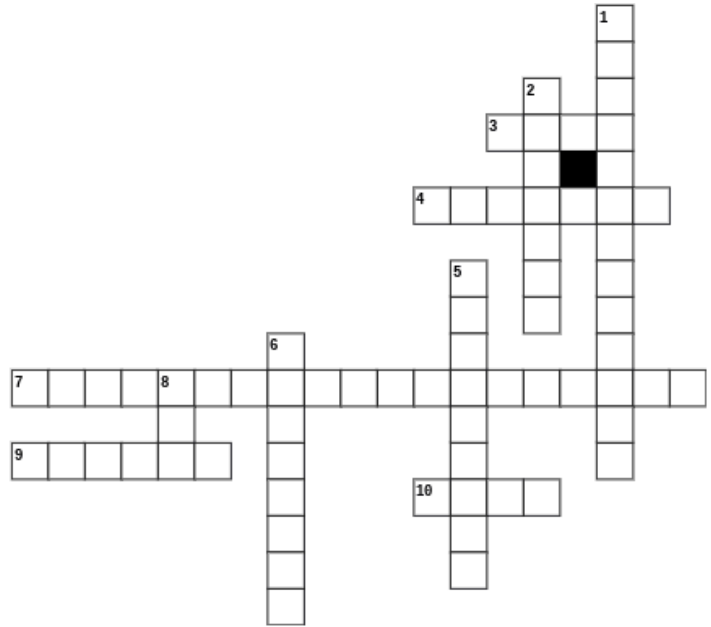
EVERYTHING IS IN MY OWN WORDS

- The only official language in Tunisia is Arabic, and French is also spoken throughout the country.
- The countries/seas that border Tunisia are Algeria (West and Southwest,) Libya (Southeast,) and the Mediterranean Sea (North).
- Tunisia's government is democratic.
- The national flower is Jasmine.
- The currency in Tunisia is dinar (1 dinar is equivalent to 32 cents).

- Some national foods are Couscous, Chorba (A stew with meat and vegetables,) Kofta (Ground beef or lamb skewers,) and Lablabi (A chickpea stew).
- Tunisia has an area of 163,610 square kilometers (63,170 square miles) which is about the size of Wisconsin.
- The country's population is about 12,160,000 (as of 2023).
- The most touristy places in Tunisia are Tunis (the capital,) Djerba (an island,) Bardo National Museum, and Ribat of Sousse.
- Some major sports are soccer, basketball, handball, and volleyball.
- Tunisia's GDP per capita is \$10,400 (as of 2021)
- Tunisia's independence day is on March 20th, and they gained independence from France in 1955.

January Puzzles

By: Emily A.

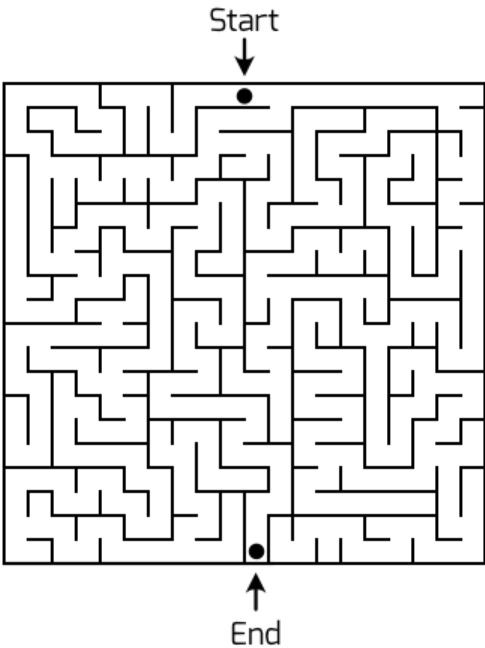


Across

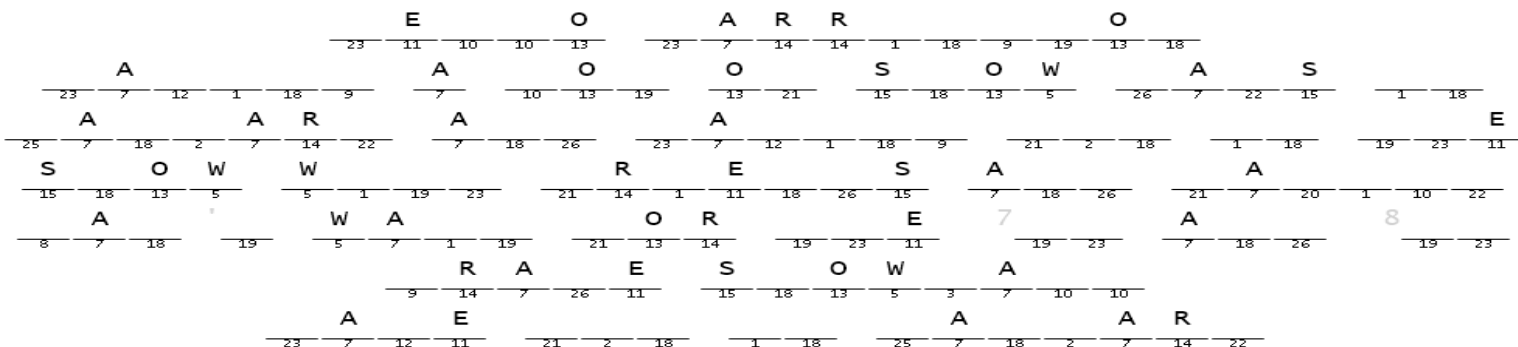
- 3. another word for frost
- 4. when you have no school and its snowing outside its called a _____
- 7. We celebrate his birthday every year on January 15th
- 9. the season of January
- 10. the animal of the zodiac sign for January

Down

- 1. in war in the winter with spheres of snow
- 2. frosty the _____
- 5. zodiac sign from January
- 6. going down the hills in the snow
- 8. when it's winter, everything is made out of _____



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
7				11										13			14	15				5			



Oddly Relatable National Holidays

By Liv D

January 1- 8: International Stop Spam Day, Run Up The Flagpole And See If Anyone Salutes Day, Humiliation Day, National Spaghetti Day, National Whipped Cream Day, Bean Day, and Bubble Bath Day

January 9 - 16: Play God Day, Peculiar People Day, Step In A Puddle And Splash Your Friends Day, Feast Of Fabulous Wild Men Day, National Rubber Duckie Day, Dress Up Your Pet Day, and National Nothing Day.

January 17 - 24: Ditch New Years Resolutions Day, National Popcorn Day, National Cheese Lover Day, National Handwriting Day, Measure Your Feet Day, and Global Belly Laugh Day

January 25 - 31: Opposite Day, Chocolate Cake Day, Punch the Clock Day, National Kazoo Day, Bubble Wrap Appreciation Day, National Corn Chip Day, and Backward Day.

My thoughts on some of these days:

- Bean Day: How does one go about celebrating this holiday? Just eating beans all day? I'll pass.
- National Nothing Day: Pretty much just what it sounds like. A holiday just to celebrate you! How thoughtful.
- Measure Your Feet Day: Whoever created this holiday probably had a foot fetish or something, because why would I measure my feet for any other reason except to buy shoes?
- National Kazoo Day: No comment. *insert "Careless Whisper" saxophone but on kazoo here.

A	R	B	P	Q	Y	K	C	F	T	N	B	N	G
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C	J	I	T	M	I	T	T	E	N	S	O	I	J
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G	R	Q	G	B	R	R	G	D	B	B	I	G	X
G	T	H	Y	M	T	S	Z	K	J	J	J	Z	T

SNOW
FROST
COATS
SLEDDING
WINTER
GOAT
MITTENS
HOTCOCO
FUN
HAPPY

Random Facts

By Sophia K.

Here are some random facts that you could have lived without knowing. They're so random so they might make you laugh, or not :)

- "A crocodile cannot stick its tongue out."
- "A shrimp's heart is in its head."
- "A dime has 118 ridges around the edge."
- "The "sixth sick sheik's sixth sheep's sick" is believed to be the toughest tongue twister in the English language.
- "Wearing headphones for just an hour could increase the bacteria in your ear by 700 times."
- "The giant squid has the largest eyes in the world."
- "There are 293 ways to make change for a dollar."
- "A shark is the only known fish that can blink with both eyes."
- "Dreamt" is the only English word that ends in the letters mt."
- "Almonds are a member of the peach family."
- "Los Angeles' full name is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula"
- "An ostrich's eye is bigger than its brain."
- "Tigers have striped skin, not just striped fur."
- "Ketchup was used as a medicine."
- "Boeing used potatoes to test their in-flight Wi-Fi." "(Potatoes reflect and absorb Wi-Fi signals similarly to human bodies. The project is even called SPUDS, which stands for Synthetic Personnel Using Dialectic Substitution.)"