

The Holmstead  
School

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# The Holmstead Gazette

Volume 1, Issue 5

January, 2011

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## New Year, New Beginning, Now What?

How many of you made New Year's Resolutions?

How many of you intend to carry them out or keep them?! Survey after survey shows us that we all have good intentions, but many of us fall by the wayside by Jan. 20! Some of the life experts on TV suggest rather than trying to sabotage ourselves with lofty resolutions, to rather ease into new habits and lifestyle changes and really modify our lists!

For example, wouldn't it be simpler if we decided to walk into a room and smile each time rather than scowl and

complain? How about choosing to put things away right after we use them instead of letting things pile up into a cluttered mess? Perhaps we could promise to keep our diets on track by simply not going down the junk food aisle in the stores for a month, and then another month until it became a habit! There are so many things we can do at the start of a new year, a new month or a new week, even a new day. Read any of the monthly magazines on the newsstands and one can find out what to do, redo or give up; or how to simply reinvent yourself!

Here at the Stead, try doing more homework; put yourself out there and be more friendly; invite a new student to your lunch table; offer to be a peer tutor; help out the student council. Go on a field trip and actually enjoy it! Set yourself some realistic goals and try to attain them. Perhaps we can all try to be present in class, all week and be personable and productive!

Go on, make a little list and see what you can accomplish! Make this your best year ever!

Start small, start slow and aim for the sky!

## Movies to see in the next few weeks:

You might want to drop a few bucks on the following movies over the next few weeks:

The Black Swan

The King's Speech

No Strings Attached

The Green Hornet

The Tron Legacy

Sanctum

Blue Valentine

True Grit

Good DVD's

The Social Network

Secretariat

Takers

Saw 3-D

Eclipse

Let Me In

# COAT Donations: Warm Clothing Needed

The Community Service Organization had a very successful Coat Drive. Under the direction of Barbara, our students, Melissa C. and Gabe B. gathered together 25 gently used winter coats. They piled them into cartons and bags and took them to the donation drop at Burlington Coat Factory in Paramus. The students were given *thank you 10% coupons* to hand out for use in the store and were encouraged to keep up the great community service. Thanks, Melissa and Gabe, and a big thank you to Barbara for assisting in the drop off.



# Subs: Grinders: Hoagies: Sandwich Fundraiser

They did it again! The Underclass Fundraiser for Sandwich day was again a big success and in fact, they sold more this month than last month! Having a hot hoagie or cold sub and a soda is so awesome! It makes Monday a day to look forward to at the Stead. The num-

ber 1 sandwich was the Meatball Parm with a tie going to 2nd for the Italian sub and the Chicken Parm. A close 3rd was the Eggplant Parm and last but surely not least, the Sausage and Pepper.

Please support the Underclass fundraisers! Let's

try for 50% of the student body next month! *Just a reminder, in February, the Cooking Club will be selling Valentine Cupcakes and Belgian Chocolate hearts, so save your dollars for tasty treats and subs in Feb.*



# Seniors: Get those Apps done!

**Editorial:** At this time of year many students are thinking about colleges. Most of you have probably applied for college already and have probably already been accepted, but some of you have been procrastinating. To those of you, and you know who you are, I implore you to apply to

the colleges of your choice. It takes about 5 minutes and the earlier you apply the better your chances of being accepted and the less you have to worry about. Make sure your essays are interesting and grammatically correct. Also talk with any teachers whom you wish to send a recommendation for

you. Deadlines are approaching quickly and the window of opportunity is closing fast so get those applications out.

ELGH



# Cold: How much more can we take?

## Wind chill is a guide to winter danger (USAtoday.com)

### New wind chill chart

Frostbite occurs in 15 minutes or less

		Temperature (°F)											
		30	25	20	15	10	5	0	-5	-10	-15	-20	-25
Wind (MPH)	5	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40
	10	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47
	15	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51
	20	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55
	25	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58
	30	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60
	35	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62
	40	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64
	45	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65
	50	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67
	55	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68
60	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	

We are only in January, with two more months to go and already the historical charts for winter storms and cold weather have seen weather unlike any since the previous century. Beware of being outside in these bone-chilling temperatures and pay heed to this chart. Frostbite is dangerous and if serious, can cause severe disabilities, pain and possible amputations. Wear protective clothing; dress in layers, and limit your time outside if you can! (www.usatoday.com)

## The Plight of the Homeless in Sub-zero Weather

Have you ever heard the saying, “Be the change you want to see in the world”? Well here’s the perfect opportunity. This winter, the weather has been frigidly cold and there are many homeless people in need of items that can prevent them from the dangers of frostbite. Shelters and organizations such as The Red Cross would be honored to acquire items from anyone

willing to help out.

Some suggestions for donations include:

-Gently used or new (depending on the item)-

Hats, gloves/ mittens, scarves, jackets/ coats, socks (mismatched ones are okay too!), blankets, sleeping bags, bed spreads, afghans, boots, sneakers, baby wipes,

plastic bags, and toothbrushes/ toothpaste.

You can change someone’s life. Be inspiring to others. Have this be a moment of kindness. Save a life today.

Think of others: try walking a mile in their shoes. —J.H.



Memo: next month, please donate any and all types of soup to Emmanuel Church through our Community Service Outreach: The church is calling it “Souper-Bowl” Sunday. Warm somebody up during these next few frigid winter days.





## MLK 25 CHALLENGE



To mark the 25th anniversary of the King holiday, and to encourage ongoing service throughout the year, we have launched the **MLK 25 Challenge**. It's a call to all Americans to honor Dr. King by pledging to take at least 25 actions during 2011 to make a difference for others and strengthen our communities.

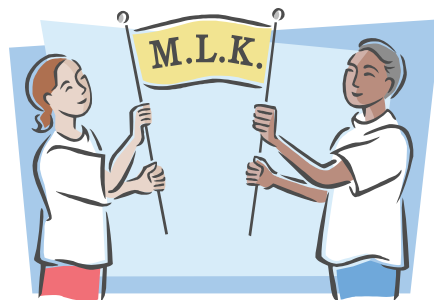
**Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: 'What are you doing for others?'"**

Each year, Americans across the country answer that question by coming together on the King Holiday to serve their neighbors and communities.

The MLK Day of Service is a part of United We Serve, the President's national call to service initiative. It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems.

We would like to mention that one of our students is on the bulletin board outside Pat's office for recognition of service in his home town on the MLK Day: Congrats to Billy F. Billy continues to offer his services here at Holmstead and is often one of the main honorees at the Cullora Lunch. Thank you Billy for always thinking of others.

Next year, instead of using the MLK day as a day to sleep or rest or go to the mall to shop, use it to offer yourself to your community and give your talents and time to others in need.



Next Month: Ground Hog Day, Valentine's Day,  
Presidents' Day, Women's Heart Health

Chinese New Year Super Bowl Results

Women's History Month and more !