



Dr. Vogt: Inside and Out *By Sofia Peterson*

Dr. Vogt has been the principal of the West Junior High School for almost 10 years now. "Being the principal of the Junior High is a privilege," said Dr. Vogt. Although it's overwhelming, our principal enjoys his daily interactions with students and staff. He has enjoyed his job since the day the school opened in 2006.

Students may wonder, "*How long did it take for Dr. Vogt to become a principal?*" Dr. Vogt spent four years at Penn State studying to become a science teacher, two years at Temple University earning his Master's degree, and then three years on his Doctorate.

Pocono Mountain West Junior High was not his first assignment as principal. Dr. Vogt began his career as a science teacher. Then he worked as assistant principal at Pleasant High School followed by Clear Run Intermediate School. Although he enjoys interacting with students, he also has to keep them in order. He has been fair and firm with student discipline, but he notes that horseplay continues, often to the point where it gets out of hand.

Dr. Vogt isn't just our principal; there's more to him than meets the eye. He has three children, ages 11, 10, and 4. He enjoys working out, watching fantasy sports, and completing home improvements. His favorite teams are Penn State Nittany Lions and the Philadelphia Eagles and Phillies. He enjoys math and reads mostly about cooking. When he was little, he wanted to grow up and become an eye doctor. His favorite animal is a fish, and his favorite color is navy blue. He prefers ties over bowties. So the next time you see Dr. Vogt, make sure you say, "Hello!"

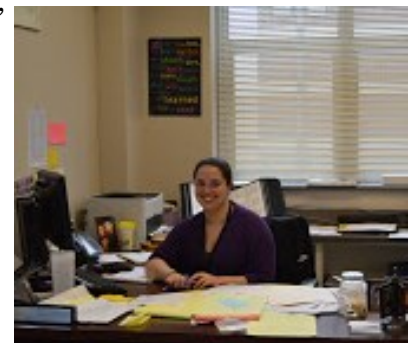


Dr. Vogt

Our Vice Principal *By Ahmad Duncan*

Ms. Nazario has been our vice principal for two years; she started in September, 2014. This interview was to get a better understanding of her responsibilities.

Before becoming a vice principal at WJHS, Ms. Nazario taught English and Social Studies at the Charter School, and she loved what she did. She holds a 2012 Master's degree from the University of Scranton. Being vice principal is hard work, but Ms. Nazario does an excellent job. She has students in her office every day, helping them work out problems with others students while assigning discipline. Ms. Nazario wants all the students at WJHS to stay organized and pay attention in class. Our assistant principal also makes improvements every day with staff for the well-being of our school.



Ms. Nazario

Pride Press Staff

Brianna Atkinson: editing, typing

Andrew Dey: editing, typing

Nyla Flanagan: writing, editing, art

Emily Lesh: writing, editing

Alex Martinez: art

Leah Tavarez: writing, editing

Rosa Torres: layout, art, typing, editing

Aaliyah Rojas: editing, art

Isabel Valenzuela: art

Hallie Wasser: layout, art, typing, editing

Alexcia Williamson: writing, editing, typing



SGA: Ms. Flannery *By Indiya Black*



Mrs. Flannery has been in charge of the SGA for 15 years. SGA stands for Student Government Association. It started in the high school as a major club, but at this level, it is an introduction to what they may participate in at the high school level.

All SGA members filled out an application and met high academic and behavioral standards. Once accepted, they are responsible for the following: collecting food for the food drives, operating the school store and concession stands at the dances,

packing holiday food baskets, conducting spirit week activities, and participating in Gertrude Hawk fundraisers. The money from the fundraisers goes to struggling families and various charities and scholarships. The money raised by Spirit Week goes toward semi-formal tickets, the Honor Roll cookout, and Movie-Day for students with perfect attendance.

“Never give up. There is no such thing as an ending- just a new beginning.” -unknown

🎵 Notes 🎵 About Mrs. Benson *By Emily Doorbejai*

In our school we have a wonderful band teacher, Mrs. Benson. She prepared the seventh and eighth grade bands for a concert on Thursday, February 25, 2016. The seventh grade band played two songs: “Minkah’s Sleigh Ride,” and “Etowah.” The eighth grade band played three songs, “Melikaliki Maka”, “Still, Still, Still”, and “Hanukkah Holiday.” Mrs. Benson selected these songs a month after school started because she wanted to hear how the band played. While she was busy focusing on what songs to pick, she knew that she had to keep an open mind, so she could choose something that pointed out the band’s specific skills and what would make them sound great.

Out of her 25 years of teaching, Mrs. Benson said this is her most favorite one. She said she loves both of the grades she teaches because she loves that her students are unpredictable, make her laugh, and have a quirky nature. She has been teaching at the WJHS for two years, and hopefully there will be more years to come.

Mrs. Benson said she has taught with 15 other teachers throughout her career and became interested in instrumental music when she was in high school because she loved the clarinet. She enjoyed helping other students during school. In college Mrs. Benson learned 13 different instruments even though she already knew the clarinet, saxophone, and piano. Mrs. Benson explained, “It was hard learning them all at first, but when the instruments got similar, it was easier to play them.” After graduating from Indiana University of Pennsylvania, Mrs. Benson started directing school bands at the Stroudsburg School District in 1991.

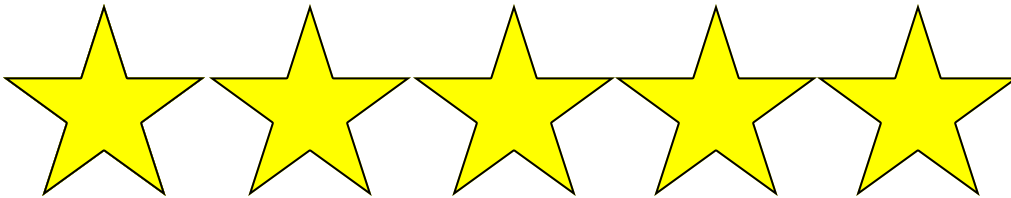
*The eighth and ninth grade bands played “Remembrance” in memory of Ashlee Smahaj, a friend to many students here at WJHS. She is greatly missed and will always be remembered in our hearts.

Movie and Book Reviews

Creed Review *By Destiny Feliciano*

The movie *Creed* had me on the edge of my seat during the whole movie. It was predictable because of the flashbacks from previous *Rocky* movies, yet it was unpredictable because of the unexpected plot twist. This movie gets five out of five stars.

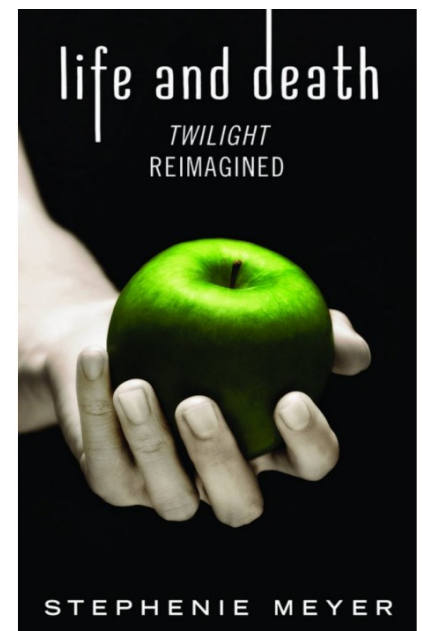
At first Rocky and Adonis have a trainer/trainee relationship, but then they became close like a family. When Adonis agrees to fight he says, "If I fight, you fight." That's exactly what happened. Rocky fought for his life and Adonis for the World Title. *Creed* takes the original *Rocky* movies to the fast-forward motion of our world today, showing us that Rocky's journey isn't over yet. This movie shows that hard work brings success, and it's not because of your bloodline. I highly recommend this movie.



Life and Death *By Jalen Gomez*

With the tenth anniversary of the very popular *Twilight* series, the author Stephenie Meyer decided to write a different version of *Twilight*. In this version, Meyer decided to do a total gender swap, leaving her 80 million "Twihards" confused yet excited. In this book called *Life and Death*, Stephanie introduces her fans to Edythe Cullen and Beaufort Swan the counterparts of Edward Cullen and Isabella Swan. As a person who is reading this book, I highly recommend it to people who have read or were interested in *The Twilight Saga*.

Source: telegraph.co.uk



Teen Trends

Proactive and the EOS Egg By Ayana Alston

Below are on-line and personal reviews for three popular teen products: Proactive and the EOS Egg Do you agree with the experts and your peers?

Proactive

Acne treatment and skin care
Has acne medication in the formula
Three- step daily routine

Web Reviews

2.2/5 stars: www.consumeraffairs.com

2.6/5 stars: www.acne.org

3.8/5 stars: www.proactive.com

3.8/5 stars: m.boots.com

Student Reviews

Hallie W: 0/5 stars "Makes it worse."

Jozalynn T: 0/5 stars "It does not work."



EOS Eggs

Lip balm
Sphere shape
Comes in several unique colors, flavors, and scents

Web Reviews

3.4/5 stars: www.makeupalley.com

4.4/5 stars: www.amazon.com

4.4/5 stars: www.influenster.com

4.5/5 stars: www.ulta.com

Student Reviews

Lauryn L: 2/5

Anonymous: 5/5 "Great for lips."



Beauty Tips and Tricks

1. Put body lotion on after you shower to lock in moisture.
2. Put Vaseline on the spot you apply fragrance, so it will last longer.
3. "Less is more." Always put on minimal fragrance sprays.
4. Use toothpaste to remove hair dye from your skin.
5. Put toothpaste on a pimple, so it can go away.
6. Keep your hands away from your face to prevent breakouts.
7. Rub a dryer sheet on your hair to make it frizz free.
8. Eat healthy!
9. Stay hydrated.
- 10 Get a good night's rest.

How to Style Your Dress Code By Natasha Simpson & Olivia Moorer

When we first started wearing the dress code, a lot of students were scared that their individuality could be taken away, but there are ways to style your dress code to show your style. We have a dress code that limits what we wear, but we still have options. (Uniforms require every student to wear the exact same thing.)

We interviewed two fashionistas, Sade A. and Charli Cordoves, about their dress code tips. Sade gets her inspiration from bright and colorful things. We asked Sade what advice she has for students, and she replied, “We should customize our style our own way with different colors and accessories such as scarfs, headbands, bracelets, and earrings.” We also asked her what she loves most about her outfits. She answered, “I always try to match, but I love mismatch socks that are not the same design but the same color.” Sade’s signature colors are hot pink, purple and turquoise, so she accessorizes with these. Sade also states, “Students need to express themselves more.”

On the other hand Charli gets her fashion inspiration from her two older sisters. At first even Charli wasn’t happy about the dress code, but she realized students could still make cute outfits.

A fashion tip she wanted to share was to pick out an outfit the night before. This gives students time to really decide what they are going to wear. Charli hopes that these tips will help because they certainly help her. Lastly, Charli’s message is to be yourself and dress to show “you.”

Tops: Black, grey, navy blue, and white (with a collar)

Bottoms: Khaki, black, grey, navy, blue

Jewelry: rings, watches, earrings, bracelets.



Sade A.



Charli C.

Sports



School Spirit

By Jacob Smith

Do you have school spirit? Do you like school sports? If you said yes to any of these questions, this section is for you. This section has interviews and schedules.

If you want to come out and support our sports teams, here are some of the schedules. Please remember that you **must attend with a parent or teacher.**

Attention All Athletes...

-Students **MUST** have a physical to try-out or practice!

-Students **MUST** have a recertification done if injured in a fall/winter sport!



Morning announcement crew at WNEP

WJHS Girls' Soccer

Spring

Apr.4 Stroudsburg (Away) 4:00 pm
 Apr.7 J T Lambert Intermediate (**Home**) 4:00 pm
 Apr.12 Pleasant Valley High School (Away) 4:00 pm
 Apr.14 Lehman Intermediate School ES (Away) 4:00 pm
 Apr.14 Nazareth (**Home**) 4:00 pm
 Apr.19 PM East (**Home**) 4:00 pm
 Apr.21 Stroudsburg (**Home**) 4:00 pm
 Apr.22 Pleasant Valley High School (**Home**) 4:00 pm
 Apr.26 J T Lambert Intermediate School (Away) 4:00 pm
 Apr.28 Pleasant Valley High School (**Home**) 4:00 pm
 May 5 PM East (Away) 4:00 pm



pm



Marshall and Terrance looking for the rebound.



Olivia, Alexcia, and Charli hustle to block P.V's hit.



Caitlin and Aiyana playing terrific defense.



Matthew is ready for the take-down.

Football in Review

By *Angelina Parks*



For this edition of *Pride Press*, I decided to interview one of the coaches of the football team, Mr. Loverdi. I wanted to know how the team did this past season as well as how he worked with the seventh and eighth grade football players. After emailing Coach Loverdi, he answered back with honest answers.

Q: Overall how was this season?

A: “There were a lot of positives to take from the season. The players worked hard since the summer, they learned a lot of new things and played as well as a team.”

Q: Do players have to try out for the team?

A: “Yes, mandatory practices start before school. 1. They have to be there. 2. We focus on attitude over ability- if a player shows they are willing to work hard and have a positive attitude, they will make the team.”

Q: How do you organize the teams?

A: “Size is a big factor. Junior High kids grow at different times, so we try to have players compete against opponents close to their size.”

Q: How is the Junior High’s football different from the High School’s team?

A: “Our job is to learn the high school’s team’s system and learn the proper techniques and mindset to prepare the players for high school football. Of course we want to win, but our main focus is preparation for their future high school careers.”

Q: In your opinion what do you think needs improvement; offense, defense, or player communication?

A: “Attitude, we have an entire school that talks about how tough they are, how good they are at sports blah blah blah – but when it comes down to it, only about 40 kids join the football team and make it through the entire season! That’s where we need the most improvement – we need more kids to challenge themselves, get involved and make positive choices by staying out of trouble and getting good grades and have enough P.R.I.D.E to be able to call themselves a Panther. “



Puzzles

Sudoku

The aim of Sudoku is to complete the entire grid using the numbers 1-9. Each number can only be used once in each row, once in each column, and once in each of the 3×3 boxes. Visit www.sudokuoftheday.com for further tips and help about how to play – and good luck!

Beginner

			5					1
			4	1		9	8	6
	7			2			3	
		1		7	2	4	9	
3	5		6		8		7	2
	2	7	1	5		8		
	4			8			1	
6	9	5		3	1			
7					6			

Easy

2	7	3		1				
1		6	4		3	2	8	
		4	6		2			3
			7	2		5		
4								6
		9		6	5			
5			2		9	6		
	6	2	1		7	8		9
				8		3	2	4

9	5	3	6	2	4	6	3	5	9
8	4	2	3	1	7	5	6	9	8
7	1	7	5	8	3	9	4	2	6
6	3	8	9	5	1	7	2	4	8
5	2	4	6	8	9	1	5	3	7
4	7	1	8	3	6	2	9	5	4
3	6	5	2	7	4	1	8	9	3
2	9	8	1	4	3	6	5	7	2
1	3	6	9	2	8	5	4	7	1

9	1	7	5	8	6	3	2	4	
3	6	2	1	4	7	8	5	9	
5	4	8	2	3	9	6	7	1	
7	8	9	3	6	5	1	4	2	
4	2	5	8	9	1	7	3	6	
6	3	1	7	2	4	5	9	8	
8	5	4	6	7	2	9	1	3	
1	9	6	4	5	3	2	8	7	
2	7	3	9	1	8	4	6	5	

Sudoku puzzles are provided by www.sudokuoftheday.com – visit them and get a new Sudoku every day!

Authors: Past and Present *By Isabela Martin*

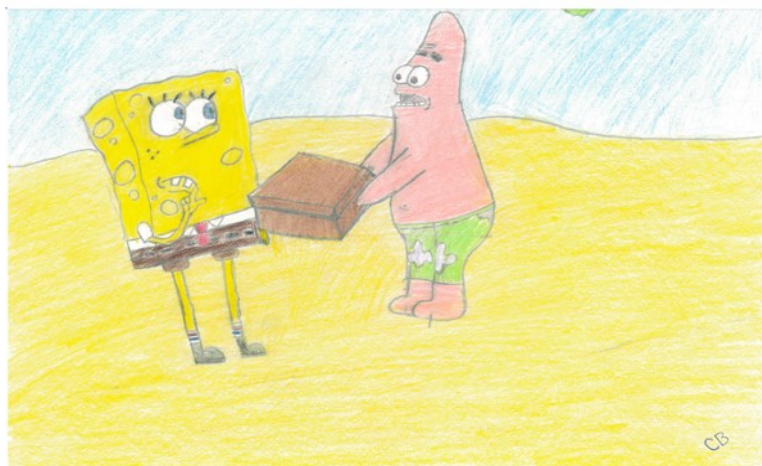
E E P R N H G C V N K E E E V
Q O O A C A O R E U W R N O J
J T P E T L D I E C E A I W W
H V E N L T K R M E M E T Q A
Q R J I A L E L O M N P S V H
C H N I O L N R P I L S L Q N
J S D T Z P L W S V R E R X F
E J R W P J B A D O W K A M A
K R S D W A B B R M N A L C C
J K R O W L I N G A G H E J K
O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

ALENDER
CLARE
COLLINS
CREECH

DRSEUSS
EDGARALLANPOE
GREEN
JKROWLING

JRRTOLKIEN
MYER
PATTERSON
RIORDAN

RLSTINE
ROTH
SHAKESPEARE



“Well it’s no secret that the best thing about secrets is secretly telling someone your secret, thereby adding another secret to your secret collection of secrets, secretly.”
-Spongebob Squarepants