



Mountain Lion *Talk*

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Leprechauns and St. Patrick

By: **Janelle Gama and Larry Ozaeta**

Do you believe in leprechauns? Well in the old days people would put out milk or fresh water and treats at night for leprechauns. They are described as short little elves with pointed ears. They wear green coats with red pants with a leather apron or a wide brimmed hat. Leprechauns also work at shoe making, which is why they are shown with a hammer in one hand and a shoe in another. It's said that if you find a leprechaun on Saint Patrick's Day you will have good luck for the rest of the year! That is also true if you find a four-

leaf clover, but those are very rare to find. The same is said if you kiss the blarney stone, which is only located in Ireland in the Blarney castle. Although it sounds pretty easy to do this task, you must bend backwards and slightly upside-down while holding some iron bars. Well who is Saint Patrick anyways? Patrick, or Patricus, is known as the patron saint of Ireland, although he was not born Irish. As a child he had been kidnapped by a band of pirates along with other children in his village. When he escaped, he traveled first to

Britain, and then to France where he joined a Catholic monastery. After twelve years of training, he became a bishop and dreamed that God was calling him back to Ireland. So he set out for Ireland and converted many of the Gaelic Irish to Christianity.

The color green is important on this holiday. If you don't wear something green, you are suppose to be pinched by your peers.

PS: don't pinch anyone at school—that violates our no-contact rule!

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Student Spotlight: Amanda Velasquez

By: **Mayra Fausto and Chelsea Garibay**

Amanda Velazquez is an eighth grade student on the Wild Cats team. Amanda



stays after school for the Star program and has a great grade point average. Her hobbies are playing soccer and basketball. In her spare time, she enjoys listening to

music, watching TV, and also does some exercises. She says she admires the idea of helping kids who are sick. However, when she grows up, she wants to be an entrepreneur.

Mr. Alvarez, her tutorial and advisory teacher, had a few things to say about Amanda. He mentioned that she is very dedicated, optimistic and smart. He said "She makes class fun and makes everyone feel good." He also said "She always laughs at my bad jokes."

The school nurse, Nicole McDowell, also had something to say about Amanda. "I like Amanda because she is a very



Mayra Fausto interviews Amanda.

happy girl! She always has a smile on her face. She's pretty stylish and I think a lot of people like her and know who she is. She doesn't let her disability get in her way."

Amanda is very positive and easy to get along with. We are glad Amanda is here at MLMS!

Upcoming Events:

March

- Avid Trip 2 UCLA on the 9th!!
- Avid Trip 2 UCI on 3/14!
- **Booster Club Penny Wars 3/17-3/26**
- 3/25 QSP Prize Level 4 for both lunches!
- 3/27 Lifetouch Spring Pix during P.E.

Skin Care Tips ☀

By: Veronica Soto and Devon Walton

Have you ever experienced waking up and finding a big, red pimple on your face, and not knowing what to do? You aren't the only one. Thousands of teenagers and adults look for help for acne. Acne may make you feel weird and uncomfortable but if you follow some of these tips, you'll probably feel better about yourself.



also try to keep your hands away from your face. Once or twice a day you should wash your face using a mild soap, rubbing very gently with your fingertips using warm water. This will remove the oils and dirt from your face. Don't use rough sponges when washing your face because you may end up irritating your skin. Also, drinking lots of water can help prevent breakouts.

thirty minutes. Another idea is to put a small amount of toothpaste on your pimples right before bed (enough to cover it completely). You can also put a cotton ball with some lemon juice against the affected area for five minutes. If you buy over-the-counter products make sure it contains sulfur or resorcinol. It is recommended by dermatologists that it contains benzoyl peroxide. Doctors believe iodine salt produces acne, so watch out for this stuff. If pimples keep on coming, you should see your doctor or dermatologist.

Acne is not caused by eating chocolate or fried food. Acne is actually caused because of a hormonal imbalance mostly during puberty. Being hot, sweaty, or stressed also affects acne.

The first thing you should NEVER do is squeeze a pimple! If you do this bacteria will spread to other parts of your face. It may also lead to scars. The only time you can pop a pimple is when it has a yellow custard top. You should

Here are some simple things you could do at home to help your acne. If you want to decrease swelling and redness, you should apply an ice pack to your pimples for two minutes every



Pimples may be annoying, but you must be patient—not all products work right away. Make sure not to stress about it or more pimples will appear. If people really care about you they won't think about how bad your acne is.

Do Your Clothes Describe You?

By: Jacqueline Flores and Jocie Bernal

Have you ever thought about what you wear, is it really you? Do you dress for you, or just to fit in with your friends? From our own observations on the subject, people who change their style also change their attitude in a certain way. But if you have your own style and act like yourself, it makes you more confident.

One good example of a person who dresses the way she wants is Erica Manzo. She says, "I feel comfortable with what I wear and I'm like one of a kind!" She also says, "Sometimes



people judge me by the way I dress, but I don't care because I love the way I dress."

Another person that dresses the way she wants is Emileen Bernal. She thinks her clothes describe her as a fun independent girl. She also says, "Some people treat me different because of the way I dress but I ignore them." Of course, people may judge you by the way you dress, but you can just ignore them. They just like to run their mouths for attention.



Isel Mendoza says, "I like the brand Southpole because I feel comfortable with it. To go along with it I wear bracelets or necklaces to bring out

my clothes." Daniel Rasha thinks differently. He says, "I dress to impress.", since other people's opinion matters.

There may be many different people in the world who show their uniqueness. You can follow that example too. That doesn't mean that you are copying their style, it is just wearing clothes that make you feel comfortable. Your clothes may not describe you to other people completely, but deep inside you know who you really are, .

Stay Off the Grass!!

By: Carl Hernandez & Garett Brooks

Have you ever been yelled at for walking on Ms. Davis's grass? Ms. Davis is an 8th grade teacher, who teaches science, here at MLMS in room I-2.

The reason she is so defensive when it comes to her grass is because she has had the lawn for five years and wants to help keep this school looking beautiful. Ms. Davis is very glad to have a lawn. She says "It's like having a little front yard." Ms. Davis loves having grass, but she doesn't work on it her self. The grounds-keeper, Wendy, takes very good care of the grass and plants, and Ms. Davis wants to keep it that way.

Not all students share her love for the landscaping



though. For example, when students (usually 7th graders) step on her lawn on the way to P.E. they ruin the plants, making the school look bad.

The one thing Ms. Davis hates the most is when students look to see if she's watching, *then* they walk through the lawn. The consequence she gives to the students is to make them go back and walk around on the sidewalk several times.

Sometimes students try to run from her for fear of being scolded. When they do, she sometimes has to chase them all the way into the locker room and bring them back to face their consequence.

Next time you walk by room I-2, make sure you stay off

Do You DARE walk on my grass?

What's up With These "No Contact" Rules??

By: Yvonne Robles and Christian Valencia

If there is one rule at Mira Loma Middle School that students really dislike, it would be the no-contact rule. The no contact rule has been around since the school opened thirteen years ago.

Eight grader Mayra Fausto says "They should at least let the students hug because a hug isn't anything bad. Though I do understand why they don't allow kissing."

Mrs. Freeman says that contact like horseplay, kissing or hugging, or even holding hands is a distraction to the learning environment. Mr. Schumacher agrees and says that he likes the no contact rule because he really does not want to see people making out when

he's walking down the hallway. Mrs. Freeman also said that she wouldn't change the rule because she's responsible for our safety and our education. Mrs. Freeman added that she doesn't actually make the rule; a committee of students, parents, and teachers select the rules.

If you're caught breaking this rule the consequences for first offence is an after school detention. Second offence



Is a hug so bad?

is a after school or a Saturday detention. Third offence is a Saturday detention or an on campus detention (OCD) plus a contract making the students follow the rules. Fourth and fifth offence is an OCD, one or two suspension days, and a review of the contract.

You could easily go from the first offence to the consequences of the fifth offence depending on what you have done. Our advice is to fight the urge! Get your hugs in some other time.

Visit us on our Rockin' web site! <http://mlmsrocks.com>

