

# Girls



Vol. 6 Free

Wednesday, Oct. 21, 2015

## Lost — **RESPECT**

Where can I find it? In the **Lost and Found**?  
On the web? In the trash? What happened?  
Did we just throw it out? Where was everyone?  
How come no one saw what happened?  
Who deserves it? I do—don't you?

**R·e·s·p·e·c·t** — It's more than just an old song.

**Respect**—(by definition): a feeling of admiring someone or something that is good, valuable, important, etc.

: a feeling or understanding that someone or something is important, serious, etc., and should be treated in an appropriate way.

: a particular way of thinking about or looking at something.

Just maybe everyone needs to stop and find the RESPECT.

There is no understanding with out respect.

We have to stop acting and treating others as if they are worthless, or somehow less than yourself. Stop turning your back on others; hear them out and remember you are just as important as they are; not more important just as important. Your ideas and opinions are important too.

Answers seldom come in a vacuum they usually come from people sharing thoughts and ideas. So what if someone is different—celebrate the differences; how boring would the world be if every one was the same. Just think how much we would miss if we were all the same. No one says you have to agree with everything someone else does or says. Agree to disagree. You have a right to your opinion and so does the other person. Believe in yourself.

Respect life; after all, aren't all "men" created equal?



## Girls' Inc.® Day—Oct. 19, 2015

was declared *Girls' Inc.* day in Schenectady, by mayor Gary McCarthy.

The mayor and other supporters of Girls Inc. attended the ribbon cutting ceremony for the reopening & new building entrance that was held at the Girls' Incorporated center located at 962 Albany St., on Monday. Over the

summer the Creation Station room was completely redone to welcome girls back for the new



Fall 2015 program session. We *Thank you.*

### **RESPECT may even save lives.**

Dream of a world were all people respect each other, for out of respect comes acceptance, tolerance, and truth. Because *every* life matters.

How many times have we heard someone say when asked why they did such a terrible thing—they answered **because:** *He disrespected me, or He looked at me funny, or He picked on me, or He said bad things about me.*

If "we" treated every one we meet with respect maybe—just maybe, things won't escalate into a shooting, a stabbing, or a beat down.

Because: **every** life matters, and **with respect** we can put an end to bullying.

Remember respect should be given, however, an individuals *respect* can be lost by one's bad actions and once lost must be earned back.

**So let's start a campaign to find RESPECT.**  
*Let's dust it off and shine it up and pass it on.*

## Why Bullying Is Bad- Maryum

Why is bullying bad? Bullies *and* victims both tend to have failing grades more often than “normal” kids. If you were to take the grades of an average kid and compare them to the grades of a bully, you most likely would see a big difference, and then if you were to then look at a victim’s grades you would see most aren’t passing. There are a lot of bullies at school and outside school. Some bullies are social, some cyber, and others are physical. The reason most bullies fail in school, is because they don’t pay attention, and they are often sent out of the classroom or away for teasing, yelling and not listening. So they get less work done and less learning time. Then there are the victims; they are often worrying about the bully being near them or others judging them from watching them being bullied for so long. And then there is the physical bullying –the victims have that pain, and especially if it’s not being treated. Sometimes kids are being picked on and hurt and they don’t tell anyone. They might have too much emotional pain that causes them to stop eating; and it is scientifically proven that if one is hungry in school or at work... they don’t/can’t pay attention well. Also bullying could be the cause of kids falling asleep in school, as a result of the bullying done to victims, it can keep them up at night making them very tired in the morning at then at school when they need to do more important stuff. So, why is bullying bad? All in all... it can affect your life. *Starting at school.*



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## Me and Grandpa by Samantha

When my great grandfather was a boy he lived on a farm he had 13 brothers and sisters but one died when he or she was a baby. When I grow up I want to be a Chef, teacher, and a pastor but for now I’m just a kid named Samantha.



## Curiosity Corner—Did You know?

By Ms. Patty

The brain operates on the same amount of power as 10-watt light bulb. The cartoon image of a light bulb over your head when a great thought occurs isn’t too far off the mark. Your brain generates as much energy as a small light bulb even when you’re sleeping.

From the age of thirty, humans gradually begin to shrink in size.

At rest a normal person breathes 10-15 times a minute. A baby takes about 40-50 breaths a minute.

What is the dot over a lowercase i or j called?

- Tittle
- Aglet
- Whipple
- Jot

The dot over the i or j is called a tittle or in grammatical terms, a diacritic.

How many times could Pluto fit inside Earth?

- Twice
- Three times
- Six times
- Nine times

With a diameter of 1,430 miles, Pluto is smaller than the Moon and could fit inside the Earth six times.



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## Jokes for the week:

Q: What did the leopard say after eating his owner?

A: Man, that hit the "spot."

Q: What do you call a sleeping bull?

A: A bulldozer!

Q: What do you call a belt with a watch on it?

A: A waist of time

Q: Why did the banana go to the Doctor?

A: Because it was not peeling well

Q: Why is England the wettest country?

A: Because the queen has reigned there for years!



**Girls caught being good!**  
Remember being **good** has it's rewards, so following directions can earn you rewards. So listen up and **get caught being good!**

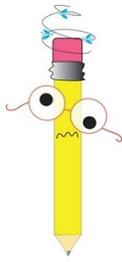


**PARENTS: FAIR OR UNFAIR** by Nevaeh

I know that our parents love us, but they often tell us that they don't have the money to buy stuff. They only have money to give us half of the things we want, and half things we get from them are cheap. Sure they say that they can't afford it, - but how come they can afford to buy scratch off tickets and cigarettes!  
My mom is always saying that she's going to win and get rich but the odds of that are one in a million. And she gets super mad when her birthday (number) or something comes out and she didn't play it; but I know it's because she just wants to move out of Schenectady.  
Parents may seem unfair but they have good intensions and they may seem *unreasonable* but they look at the situation from a different point of view (theirs).

**Riddle me not....**

Q: A dad and his son were riding their bikes and crashed. Two ambulances came and took them to different hospitals. The man's son was in the operating room and the doctor said, "I can't operate on you. You're my son."  
How is that possible?  
A: The doctor is his mom!  
Q: Throw away the outside and cook the inside, then eat the outside and throw away the inside.  
What is it?  
A: Corn on the cob, because you throw away the husk, cook and eat the kernels, and throw away the cob.



**Heart Disease** by Tayiana  
Despite increases in awareness over the past decade, only 54% of women recognize that *heart disease* is their number 1 killer. *Heart disease* is the leading cause of death for African American and white women in the United States. I'm hoping to get support for Girls Inc. to hold a Heart disease fundraising event where we send home flyers for our neighbors and parents to help support such a fundraising event. We could get donations of \$1.00— \$10.00, and bring them in—it could be huge. There could be lots of activities like coloring pages for little kids, also we could have the girls prepare their own special activities for the day. Then at 5:30pm, we could welcome people in to take part in the event. It could be held in either the gym or Broughten Hall or both depending on the response. We could have different activities for the adults to partake in and it could be from 5:45pm to 7:45pm. Children ten or younger will need to be accompanied by a parent.



**The World's Problems**

I am going to write about some of the problems in the world as I see it.  
One: too much "gettoness" in the world; like we have boys showing their draws —like pull up your pants, like that's crazy. Next girls who are wearing short dresses that show their booty, and girls wearing half shirts and shorts that fit the like under draws,— and they need to be more lady like.  
Two: some land lords are being very cheap with the living conditions of their properties (in the homes the own), – like you land lords need to make the houses we rent more livable, fix up things and make it safe for your tenants. Make it more like your own house.



**Food** by Julion

I love food, many people love food, however, in some places they can't eat for 8 days. When the 8 days are up they can eat for 5 min. and that is all. Then they have to work out for 5 min. and then sleep. Some of the people who don't eat become emaciated and look very bad. We all know to maintain good health you have to eat every day.



## My Favorite Subject by Cache

My favorite subject in school is social studies. In social studies we are learning about *The Reconstruction Era*. We are writing an essay answering the question “were freed-men really free”. I said no because of Jim Crow laws and the KKK. In our second paragraph we have to right a counter claim; that is to say it can be argued “*that freed-men were really free*”. I wrote that he could be free because of the Freedmen’s Bureau and the Thirteenth Amendment. The KKK threatened to kill all African Americans and poor whites. Jim Crow laws trapped African Americans in hopeless situations. Freed-men could be free because of Freedmen’s Bureau which helped former slaves and poor white, and because of the 13<sup>th</sup> Amendment, that freed all the slaves. Social studies is also my favorite subject, because I like learning about history and things that happened in the past. Social studies is always my highest grade so therefore social studies is my favorite subject.



## STOP BULLYING by Kaylynne

When somebody is being bullied help them, or go get a teacher and tell them that someone is being bullied. Or if you see somebody is all alone, go and play with them, and you can call others to come over and play along with you. Also you can help others by helping them with their homework and you can help them fix a problem they don’t understand.

## More Jokes:

Q: Why do fish live in salt water?

A: Because pepper makes them sneeze!

Q: Why did the man put his money in the freezer?

A: He wanted cold hard cash!

Q: What do you get when you cross a snowman with a vampire?

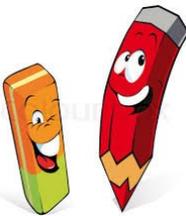
A: Frostbite.

Q: What is the best day to go to the beach?

A: Sunday, of course!

Q: What bow can't be tied?

A: A rainbow!



## Boston Aquarium

by Amilliana

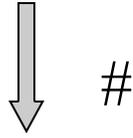
My best vacation and only vacation is when I went to the Boston

Aquarium. I went there with my mom, brother, sister and with my uncle and his wife, his three cousins, and we also brought a cousin. When we got to Boston it was late, cold and snowing. We spent the night in a very nice hotel with way to expensive room service. In the morning we woke up early and got dressed and ate so we wouldn’t be late for the aquarium. When we were driving there was so much traffic, and later when we finally got there, there was no parking. When we got in—it smelled like fish, and there were so many people, the first animals we saw were penguins. Next, we looked at all the fish. When we were at the end of our tour of the aquarium I had to go to the bathroom really bad. My mom said, let’s all go, before we leave. But when we got to the elevator the fire alarm went off. Next to the elevator was the fire exit, so me, my mom, my brother and my sister, my uncle and his family rushed down the stairs. When we got outside we had to go into the 3d animal building and wait. I was so mad because there was no bathroom and I was going to pee myself. So my mom told my uncle to leave and we can look for a bathroom. There was no bathroom anywhere we looked, so when we finally found a bathroom I was relieved. Then we all decided it was time to go back home, so we got in our cars and went home.

Got a news story?  
Want to pass it on?  
See Ms. Patty



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3

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GOOD THOUTH

IT IS THAT GOOD



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6

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caution: Dangerously tasty

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50¢

and they are salty

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crispy lays chips!

HEY?! WANT A SNACK...  
JUST COME TO THE  
GIRLS INC. STORE AND  
BUY A 50¢ BAG OF CRUNHY,  
CRISPY, AND SURE ENOUGH  
TASTY LAYS POTATO CHIPS!!!



caution: Dangerously tasty

9

Get caught  
being GOOD!  
and earn an  
invite  
to the Sleep  
Over

10



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