

Falcon Facts

Cover Story by Amber Holland

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Issue 4

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Upcoming Faculty Birthdays

- May 29: Mr. Plucknett's Birthday!



Pennies Galore!

This year's penny war was a success! The goal was for each class to raise 35 dollars so the whole school could get 350 dollars for the Faith Comes by Hearing: Military Biblesticks. These Biblesticks (about 3.5 inches long and an inch thick) and are given to U.S. soldiers. The Military Biblesticks are a digital audio player that has a recording of the entire New Testament. The Biblesticks are used all over the world to teach soldiers and other people about God. According to their website over 107,000 of these Audio Bibles are now in the field, and 700 chaplains use the Military Biblesticks in briefings, counseling sessions, Bible studies, weekly chapels and other spiritual services. The 7th grade FHLS committee decided that this would be a great way to

spread our school mission statement "spreading the kingdom of God through Christian education." The money is being counted right now and we will soon have results, but the classes that have been counted have raised over the 35 dollar goal and some almost doubled it. Thank you so much for the pennies and you will be helping many soldiers find the great word of our God Jesus Christ. If you would like to find out more about this outreach go to <http://www.faithcomesbyhearing.com/military/military-outreach> Or call: 1 (800) 800-2555 to donate, thank you.



Track and Field at Forest Hills

By Jessi Beyer

Although the track season is coming to a close, the team still has its two most important meets left: sub-districts and districts. By qualifying in the sub-districts meet, they earn their spot in the districts meet. The track team consists of one 6th grader, Petra Flemmer, four 7th graders, Alli Fellger, Jessi Beyer, David Gehlen, Ashton Carow, and 7 8th graders, Matt Atkison, Cole Waibel, Simon Kachmarek, Bryanna Hanson, Bryce Meltebeke, Will Williams, and Kyle Sahnov. Due to an unfortunate hamstring injury, Kyle

was unable to continue the season.

Our track team participates in a variety of events, ranging from the 100M hurdles to the shot put. On Tuesday, May 3, the track team will get to showcase their talents in the sub-districts meet. By coming in the top 6 for field events, the 800M and the 1500M, they will qualify for the districts meet. By placing in the top 4 for sprinting events, they will qualify to go to the districts meet as well.

Since FHLS does not have a full

track and field equipment, Valley Catholic School has let us use their track for practice on Fridays. Mrs. Beyer, the coach, commented, "It's great. Otherwise, we'd have no real place to practice!"

Make sure to come cheer on your track team at the sub-districts meet at Catlin Gabel!

For information on standings and statistics, please visit <http://www.athletic.net/TrackAndField/School.aspx?SchoolID=20277>

Book Review: *Misty of Chincoteague*

If you like horses, *Misty of Chincoteague* is for you! Written by Marguerite Henry in 1947, this book is cast aside by many due to its old publication date. Truth is, this book is a heartwarming tale despite its age. In fact, this book was a Newberry Medal Honor Book in 1948, meaning that *Misty of Chincoteague* was considered one of the most considered children's literature published in 1947!

Misty of Chincoteague takes place on Assateague and Chincoteague Islands, two islands right of the coast of Virginia. Starting us off are two young children name Paul and Maureen. They live on Assateague Is-

land. Every year, cowboys go over to the home of the wild horses, Chincoteague Island, and round up horses and their foals for Pony Penning Day. Each year the mysterious whippers go around about a mare called the Phantom. The Phantom is an elusive horse that is said to have a white patch in the shape of the USA on her hindquarters. Everyone is determined to catch her, but no one ever can. This year, little Paul has his chance to try to capture the Phantom. He and his sister Maureen are making preparations for when Paul catches the Phantom and they can buy her and keep her for them-

selves. Finally, the day has come. Paul borrows his grandfather's horse and sets off to Chincoteague Island to catch the Phantom. In the bushes, Paul catches a glimpse of the USA. Is it the Phantom? It is! Paul races off after her and manages to bring her in back to Assateague Island! Paul is the first one to rope the Phantom, but Paul gets a little more than he bargained for in his lasso. Will Paul and Maureen be able to buy the Phantom and keep her, or will her little surprise set her free again? Don't miss out on the amazing story of *Misty of Chincoteague*!

For more information on the Newberry Medal, visit

<http://ala.org/ala/>

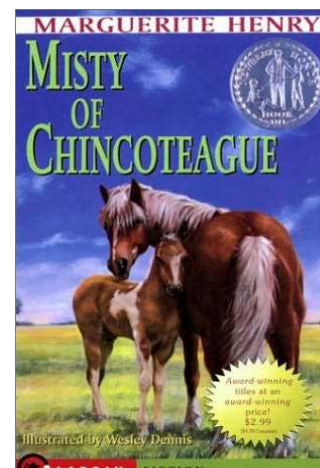
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There's a club for everything...even running!

By Jessi Beyer

Important Dates

- May 5: National Day of Prayer (*talk to your teacher for more information*)
- May 6: Spring Event
- May 8: Mother's Day
- May 13: Run for the Hills
- May 30: Memorial Day, NO SCHOOL

At Forest Hills, we like to promote physical activity in grades K-8. Unfortunately, there were no competitive sports for grades K-4. Luckily, there is the running club. Every Monday and Thursday of September, October, April, and May, students in grades K-4 have the option to join the running club. The running club is an after-school group of around 50 students, where they run for 30 minutes and earn a popsicle stick for each lap they complete. If the student runs 50 laps, they earn a running club T-shirt. Students also got to connect to the Seven Habits by filling out a goal sheet based

on Habit 2, Begin with the End in Mind. Each participant was to write down a goal that they wanted to complete related to running club and three steps that they were going to take to get there. By filling out the goal sheet, the runners got to plan ahead, plus they got a Forest Hills water bottle personalized with their name.

Although the running club was for children, many parents join in as well. Tonya VanDyke, the mother of Ryan (2) and Nathan (4) comes to almost every running club, helping out with passing out popsicle sticks or running with her kids.

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To recap: Lindsay had sat with her old friends at lunch and they had had a great time. They even invited her to sit with them the next day. Lindsay said that she would.

A Trip To Heaven - Chap. 4

If you have any editing or general suggestions or questions, please call (503)703-0257 and leave a message if no one answers.

The next day I slide into the seat I sat in before, flanked by my new BFF's. I am so happy I don't know what to do! Unfortunately, my happiness may not last.

"So, Lindsay," Jessica says slyly, "What do you think?"

"About what?" I ask, completely confused.

"Well, about sitting with the popular people again, silly!" Carrie adds, giving a preppy hand-flip. Personally I find her comment a bit rude, but, whatever.

"Oh, yeah," I say nonchalantly, "It's great! I can't believe I stayed away for so long!"

Everyone starts laughing when Lilac comments, "So, um, Kendall actually transferred, so would you like to permanently sit with us?"

I gasp. That was unexpected! "Wow, yes!"

"Lilac!" Carrie cries. "What are you thinking?!"

This is when my happiness deflates...fast. Luckily, Jessica saves me by saying, "Carrie! What is wrong with you? That was really mean! I don't think that you should sit here tomorrow." Lilac nods in agreement. Carrie huffs and trods off. "Lindsay, I'm really sorry. Carrie's not normally like that."

"Thanks for standing up for me. I never really liked her anyway." I say, watching her leave.

"Me neither," Lilac and Jessica add. We all laugh.

"Lindsay, it's great to have you back!" Lilac says.

"I really missed you!" Jessica wails, and flings her arms around me in a big hug.

Smiling, I say, "Me too. Best friends?"

"Absolutely!" Jessica cries.

"Hey!" Lilac whimpers.

"Best friends?"

"Duh!"

For the first time in years, I am enveloped in one of the best hugs ever by two of the best friends ever. And nothing can change that.

This wraps up our story for this year. Due to some writer's block and new inspiration, this story took on a whole new front. I hope that you enjoyed reading it. I even realized that the title never really fit, but I couldn't give it up! Thank you, to the readers, for taking the time to read, and thank you to the Falcon Facts Team, for giving me a whole page to fill with my words.

- Author of A Trip to Heaven, still remaining anonymous :)

