

Kent City Newsletter

~Spring Edition~

VOLUME 1, ISSUE 8

APRIL 2013

2013

JOURNALISM

SPECIAL POINTS OF INTEREST:

- Spring
- Spring
- Spring
- SPRING
- Spring
- Summer
- JK
- Spring

INSIDE THIS ISSUE:

Crafts

Recipes

Sports

Spring in my step
Spring in the air
Spring!
Spring!
Lingering everywhere.

Spring fever to follow,
But I don't care,

SPRING

Spring, for new journeys,
I'll meet you there!

Where?
By the garden gate,
You silly thing,
It's an invitation to frolic
So let's begin to sing.
It's Spring!

Girls Track

The Kent City Girls' Track and Field team had their first meet last Thursday. They beat North Pointe 98-25. They won in every event but two! Way to go! Kassie Wylie, Ashley Russo, Hannah Miller, and Taylor Nowicki all scored at least fifteen points each.

Kaylee Austin scored in all three events that she was in. Kendra Dreyer won both the discus and the shot put. Nicole Latham, Roxanne Bliss, Claudia Driesenga, Monica MacFarlane, Becky Sizemore, Ana Swanson, and Abby Taylor scored in two events.

Brooke VeltKame, Dani Smith, and Nicole Afton chipped in with a third place for at least one of their events.

Way to STICK IT to them ladies!!!!!!!

Their current record is 1-0.

On Tuesday, April 16th the Girls' Track and Field got their first loss of the season against Calvin Christian. Highlights of the game include Ashley Russo beating the school record in the mile with a time of 5:23.2. Good job, Ashley! Kendra Dreyer took first in the shot put and second in the discus. Kassie Wylie took first in the high jump. All of their relays were their best times. They are now 1-1 with a lot of meets to come.

Great Job ladies!

**TRACK
& FIELD**

Baseball and Softball

In the last two weeks, baseball and softball have started up. This week was supposed to start games but all of them were cancelled because of the rain. On Saturday, the varsity baseball team is hoping to play their first two game against Newaygo. There will to games as a doubleheader at the Newaygo high school baseball field if it is not rained out. The girls play two games against two different teams; Newaygo and Muskegon Catholic Central. Last year the boys lost to Newaygo in the regional game to end the season. The girls lost to Morley Stanwood also in the regional game. Both teams hope to start the season off good with 2 wins each.



Raspberry Walnut Smoothie

The walnuts in this shake provide heart-healthy fats and about 4.5 grams of protein, as well as potassium and magnesium, essential electrolytes for muscle function, Brazier says.

Ingredients:

- 1/2 banana, frozen
- 1/4 cup walnuts
- 1 cup unsweetened almond milk
- 1 tablespoon cacao nibs
- 1 teaspoon vanilla
- 1/3 cup frozen raspberries

Directions:

Combine all ingredients in a blender and blend until smooth.

Nutrition per serving: 430 calories, 8g protein



Prom

Every girl looks forward to prom. Girls love shopping for dresses, jewelry, and getting their hair and nails done. The only problem is everything is so expensive! Luckily, there are a few stores with reasonably priced dresses!



Deb has many beautiful dresses. Whether it's long, short, black, colorful, tight, or fluffy, you are sure to find something in your style.

http://www.debshops.com/prom-dresses/1301,default.sc.html?srule=price_LOW_to_High&start=0&sz=60

DAVID'S BRIDAL

Along with bridal gowns, David's Bridal has an amazing selection of prom dresses. You may also choose from the variety of bridesmaid's dresses that may also be used for prom and other formal events.

http://www.davidsbridal.com/Browse_Prom



Fingerprint Flowers

What you'll need:

- Construction paper
- Acrylic paint
- Green chenille stems
- Scissors

1 How to make it:

1. Cut out simple flower shapes from construction paper.
2. Dip child's finger into acrylic paint and dab off excess, then press onto each petal. Dab a contrasting color into the center of the flower.
3. Cut chenille stem in half.
4. Glue chenille stem to the back of the flower.

Tips:

- While this is a simple craft, if you are working with smaller children you may want to cut out the flower shapes ahead of time.
- If you don't have chenille sticks you can substitute with craft sticks or straws.



Boys Track and Field

The boys' track team improved to 2-0 after winning 14 of 17 events. Cebelak was a 4 time winner, while Taylor, Westphal, Rodenburg, , Widener and Wilson were 3 time winners! The eagles too first place! Winners: 800 Relay - Aguilar, Rodenburg, Widener, Westphal; 400 Relay - Aguilar, Taylor, Cebelak, Rodenburg; 1600 Relay - Rodenburg, Cebelak, Wilson, Westphal; 100m, 300IH - Cebelak; 110HH, 200 - Taylor; 1600m, 800m - Wilson; HJ, PV - Widener ; PV - Albert; Shot, Discus - Wolter. 2nd Place Winners: High Jump - Wilson; Long Jump - Widener; Shot Put - Wildeboer. 3rd Place Winners: 110HH - Stockhill; 100m, 200m - Aguilar; Shot Put - Cohn; Discus - Wildeboer.



Megan Peets

Chelsea Roberts Dani Smith
Jessica Gattrell

Tiffany Robinson

Randy Thompson

