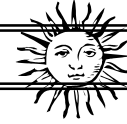




INSIDE VIEW

THE SIUE EAST SAINT LOUIS CHARTER SCHOOL QUARTERLY NEWSLETTER



SUMMER 2004

Health Corner: Exercising the Mind and Body

By: Jamel Collier

During the summertime everyone loves to travel and enjoy the weather. Everyone enjoys the trips out of town, the visits to amusement parks, the outdoor picnics or cook outs, and the freedom that the summertime affords us.



The summertime would also be a good time to include some physical and mental activities as well. In the media we often hear about 'America's bulging waist line'. Often many get discouraged

because some options for being fit are not viable. Many Americans do not visit the doctor on a regular basis because many Americans do not have health insurance. One could argue that much of what we know about our health comes from sources devoid of medical expertise.

Many of our health issues can be avoided if we include more exercise in our daily routine. Clinical studies have shown that regular exercise delivers a mental and emotional boost. It improves your mood, bolsters your self-esteem, and gives you the confidence to handle whatever comes your way. Some studies hint that it also enhances the functioning of your brain.¹ A study at Duke University found that intense bouts of exercise are very effective in reducing feelings of depression, tension, anger, and confusion.² Being active is especially important for our young people because it builds muscle and endurance. It helps you maintain the proper height and weight ratio. You do not have to have a workout routine. Activities like basketball, jumping rope, football, bike riding, softball, and even skating constitute exercise.

Nutrition is also a big part of staying physically fit. We all have likes and dislikes when it comes to food. To remain health conscious about our eating habits, read labels on packages or containers, avoid foods with high fat, salt or sugar content, and even consult the food pyramid to have knowledge of your nutritional needs.

For mental health, try to relax more. Helpful relaxation techniques include: reading, listening to soft music, meditating, being in a tranquil environment, and even stretching. Since summertime affords us ideal weather conditions to travel, why not go to a museum, a poetry reading, or church. Going to these places also allows one to be in a cool environment. As with many leisure activities, exercise gives your mind needed time out from everyday thoughts, worries and responsibilities. You return to your life refreshed, invigorated, and perhaps even mentally sharper.³

As always, we urge our students to be safe. We strongly encourage our students to balance their summer by being active in exercising their mind and body. Use your summer time wisely.

1-3

<http://yahoo.com/health/fitness/centers/1000.html>
This site also has an interactive component like a body fat calculator and a calorie calculator to name a few.





Congratulations are in Order....

The Charter School would like to thank Ms. Jessica Davidson, Mr. William Bauerle, Ms. Mercey Talley, and Mr. David Svezia, for the completion of their respective degrees. We also want to thank you for the time and effort that you have put into your classes and the school year. We hope that you have continued success in your personal, academic, and professional lives. The graduates and their degrees are as follows:

- Ms. Jessica Davidson.....Bachelor of Arts
- Mr. William Bauerle...Bachelor of Science History
- Ms. Mercey Talley..... Bachelor of Arts English
- Mr. David SveziaBachelor of Science History
Education

Continued Success,
The SIUE East St. Louis Charter School

Important Dates

- May 11Parents Meeting
6:00 p.m. at the school
- May 13PSAE Make-Up Test
- May 18 School Improvement Day
Dismissal at 11:15 a.m.
- May 19 Malcolm X's Birthday
No School
- May 284th Grading Period ends
- May 31Memorial Day
No School
- August 171st Day of School

Just As I Am

By: Nakia L. Stith

You may not like me
You may just hate me
But you'll have to accept me
 Just as I am.

I act differently
I talk differently
But you'll have to accept me
 Just as I am.

I look mean
But I'm very nice
When my attitude shows
 I'm cool as Ice.

I might do things
Of which you disapprove
And you'll tell me some things
 I need to improve.

I said it to them
I'll say it to you
You'll have to accept me
 Just as I am.



Tasha Williams 7/1

Ledora Williams 8/6

Doris B. Adams 8/12

Willis Young 8/20



Homework

By: Ta'Lisa Young

Homework, oh, homework I hate you! You stink.

I wish I could wash you away in the sink.

If only a bomb could explode you to bits.

Homework, oh, homework you're giving me fits.

I'd rather take baths with a man eating shark

Or wrestle a lion alone in the dark

Eat spinach, eat liver, pet ten porcupines,

Than tackle my homework the teacher assigns.

Homework, oh, homework you're last on my list,

I simply can't see why you even exist.

If you just disappear it would tickle me pink

Homework, oh, homework I hate you. You stink!

Avoiding those Summertime Attackers: Mosquitoes

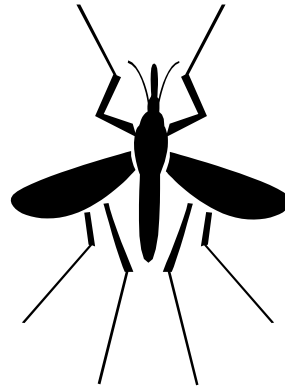
By: Jamel Collier

We all love to participate in outdoor activities, but the chance one takes of being bitten by mosquitoes increases dramatically with each venture outdoors. With each mosquito bite, the risk of being bitten by a West Nile Virus carrying mosquito becomes greater.

West Nile Virus is a flavivirus commonly found in Africa, West Asia, and the Middle East. The virus can infect humans, birds, mosquitoes, horses, and other mammals. "West Nile virus has been commonly found in humans, birds, and other vertebrates in Africa, Eastern Europe, West Asia, and the Middle East, but until 1999

had not previously been documented in the Western Hemisphere.¹" "It is not known where the United States virus originated, but it is most closely related genetically to strains found in the Middle East. It is not known how long it has been in the United States, but Centers for Disease Control scientists believe the virus has probably been in the eastern United States since the early summer of 1999 and possibly longer.²"

"All residents of areas where virus activity has been identified are at risk of getting West Nile encephalitis; persons over 50 years of age have the highest risk of severe disease. It is unknown if immunocompromised persons are at increased risk for West Nile Virus disease.³"



It is estimated that about 20% of the people who become infected will develop West Nile fever. The symptoms include fever, headache, tiredness, body aches, an occasional rash, and swollen lymph glands.

To reduce your chances of catching the West Nile Virus, the Centers for Disease Control suggest that when dealing with West Nile Virus, prevention is your best bet. Fighting mosquito bites reduces your risk of getting this disease, along with others that mosquitoes can carry. Take the commonsense steps to reduce your risk: avoid bites and illness, clean out the mosquitoes from the places where you work and play, help your community control the disease by draining standing water, report dead birds to authorities, and install and/or repair screens.

When possible, wear long-sleeves, long pants, and socks when outdoors. Mosquitoes may bite through thin clothing, so spray clothes with repellent containing permethrin or DEET. "Doing this will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing. Be aware of peak mosquito hours. The hours from dusk to dawn are peak mosquito biting times for many species of mosquitoes.⁴"

1-4 The United States Department of Health and Human Services Centers for Disease Control and Prevention.

(<http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>).

Get Out of the House. It's Summertime

Events Schedule

June 9, 2004 U.S. Olympic Diving Trials
REC-PLEX, St. Peters, MO, 636-939-2FUN

June 12, Komen St. Louis Race for the Cure
Downtown St. Louis, 314-725-2592

June 15 - 19, 24th National Veterans Wheelchair
Games

[Edward Jones Dome](#), St. Louis, MO To
volunteer, call 314-894-6530.

June 17, Athens 2004 Olympic Torch Relay
Downtown St. Louis

July 2, 3 & 4 Fair Saint Louis
Gateway Riverfront, St. Louis, MO

July 24 - 25, Festival of Nations
Tower Grove Park, (corner of Arsenal and
Grand), 314-773-9090

July 25, Companion Mississippi Mile
Old Chain of Rocks Bridge, Trailnet and the St.
Louis Track Club,

Block Scheduling

By: Ashley Moore

There are several ways to plan a school day. One way is called block scheduling. There are two reasons why this is inefficient.

This is inefficient for two reasons. The first reason is that it causes people to be unorganized. One example would be people would misplace things such as homework. Another reason would be that there would not be enough time to learn in each class. Even though each class is longer, it does not add up to traditional scheduling. On the other hand, there are two reasons that this is efficient.

There are two reasons this is efficient. The first reason is that it gives students more time to do work. Since classes are every other day, there is no rush to turn in work the next day. The other reason is that students have a variety of classes. They have four classes one day and

four different classes the next day, so they get to learn more subjects.

In summary, there are two ways to view the issue of block scheduling. In the argument presented, perhaps it is better to build the school day in this way.

Thank You, Thank You!

As the publisher of the *Inside View*, I would like to thank our school's secretary, Mrs. McCoy, for putting the *Inside View* together. Mrs. McCoy adds all the artwork, corrects the errors, changes the fonts, and does many other tasks to help make our newsletter complete. I would also like to thank Mrs. Joiner for editing the *Inside View*. It is her fine tuning that makes the newsletter grammatically correct. I would like to thank the faculty at the Charter School for submitting ideas, giving critiques, and for pushing the students to be involved. Last but not least, I would like to thank the students for their participation by way of submitting articles, and artwork. These really give our newsletter substance. All school newsletters need student involvement, and in the Charter's School's case, you all have the *Inside View*. Again, thank you all for every idea, for every poem, and for every story.

Sincerely,
Mr. Collier
Inside View, Publisher

The Importance of Schooling

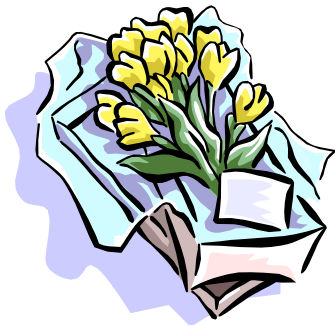
By: Nakia Stith

Schooling is vital for three reasons. One reason is that without an education a job would be very hard to find. Education is vital in the work environment; knowing how to read and understand is very important on a job. An example of this is, there once was a police officer who could not read; one day a little boy gave him a note asking for help. Since the officer could not read, the little boy and his mother were not helped, but killed by the mother's boyfriend. The second reason why education is important is that it could help one's social life. Talking about things in history or knowing a lot of subjects

would help a person's career. This allows an individual to speak to others about a variety of subjects. The last reason why education is important is it can open new doors in today's society. Education has broken racial barriers in schools, on the job, and in public life. In summary, although there are some other reasons for becoming educated, these three are the most important.

My Substitute Dad

By: Ta'Lisa Young



My substitute dad is my mother, Lisa Robinson. She is a great substitute father, as well as, a great mother because of the love she gives my brother, sister, and me. She took good care of all of us. She made

sure we had everything we needed and much of what we wanted. My mom always reminded us that we needed the love of each other. We have talked about how she may not always be with us and that we are to take care of each other.

My mother has always understood our feelings and supported everything we have wanted to do. I remember playing basketball in middle school. She made sure she came to every game; I could hear her screaming my name over the crowd to give me that extra boost. She always has encouraged me to be a good role model for my younger brother and sister because she realized that they tried to imitate everything I did. Since I was a tomboy, I was able to be a good role model for my brother. I taught him how to play basketball and football, and how to wrestle. For my sister I buy Dr. Seuss books so she can become an excellent reader.

My mom always talks to us about how important it is to get an education. She is looking forward to seeing all of us walk across the stage to receive our diplomas. My mother plays a strategic role in our intellectual and emotional development. I can not wait until I graduate so I can see the tears fall from her face. I think my mother is a great substitute dad. I could not have chosen a better one.



You Don't Know What I'm Thinking

By: LaNita Montgomery

Do you know what I am thinking-thinking inside?
I'm scared and lonely and searching for some place to hide.

I'm lost in this world full of unhappy people.
Sometimes it makes you think or even wonder.

Do you feel the world spinning around and around?

I'm so far in the sky, I'm bound to fall to the ground.

I'm sick of the games and some of the people around me.

I wish they would just leave and let me be.

Do you know what I'm thinking now, as a lost child gone?

Makes you wonder, what went wrong.

Now ask the question, "What was she wishing?"

You don't know because you don't know what I'm thinking!

And the Award Goes to....

By: Jamel Collier

The Charter School is proud to announce that Temeka Rucker has won the East St. Louis Board of Election Commissioners John M. Kirkpatrick, Sr. Citizenship Award. The Board of Election Commissioners has named the citizenship award in honor of Mr. John M. Kirkpatrick, Sr. who is the founder of the *Crusader* newspaper, an active member of the National Newspaper Publishers Association (NNPA), and a member of various civic organizations.

We are proud that Temeka Rucker is the first Charter School student to receive this distinguished award. The Charter School also encourages Temeka to continue to exhibit her excellent citizenship and character.

The Importance of Schooling

By: Kathryn Griggs

Schooling is vital for three reasons. First of all, education is the key to a successful life. A successful life has to do with people speaking proper English, knowing how to read, write, and account for themselves.

Another reason is being able to do things and understand what to do. Being able to do things is knowing right from wrong, and being able to respect people for what they know.

The third reason is to be able to find a job. Having a job does not mean that we have an education. It is how we hold on to the job. Having skills to do a certain job lets the boss know we understand what is expected to be done to keep the job.

In summary, although there are many other reasons for becoming educated, these three reasons are the most important.

Why Not Be Excellent


By: Markesha Coleman

After reading Oprah's 2003 December magazine about excellence, I was very impressed. I never thought about being excellent until Oprah's article. There are a lot of issues in my life that need to be addressed. I told myself I could push from adequate to extraordinary.

I often hear students say, "I'll be okay if I can make it through the day." Is that all you want for yourself is to make it through the day? When you make such a declaration, you may, in fact, get by, but that is all you are doing—getting by.

To all students, why not do more than survive? Why not live an excellent life? Why not excel? Why not bring up your grade point averages? Why not be on your best behavior? Your best behavior shows your best, and your school will have an excellent reputation.

Do not put a ceiling on yourself. This limits you from becoming excellent. Aim high. For if you aim at nothing, you will surely hit it.



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Charter School student, Mickeya Moore reads to the eager Listeners.



Charter School student Nakia Stith reads to children during Volunteer Month.



Temeka Rucker reads to children during Volunteer Month



Terrance Johnson during Volunteer Month.



Mrs. Smythe, Fine Arts instructor, Director Of the play *My Brothers Blood*



Charter School student participants during Volunteer Month.



Charter School Students



Terrance Johnson, student, during Volunteer Month.



A view of the campus.



Charter School administrators Mr. Neal, Director and Mr. Young, Assistant Director



Illinois State Senator James Clayborne



Senator Clayborne during the East St. Louis Higher Campus Grand Opening.



East St. Louis Higher Education Campus opening. Ms. Sandra Fields, Dr. Sharon Hahs, and Dr. Kenneth Neher.



Charter School student ushers.



Charter School students at the Rites of Passage program.



Charter School student's artwork.



Charter School students in the Rites of Passage program.



Rites of Passage program.



Charter School student artwork.



Charter School student artwork.



Charter School student artwork.



Charter School student artwork.