John Pritikin, who holds the Guinness World Record for "the tightest circumference of two aluminum frying pans rolled together with his bare hands in less than 30 seconds," visited Highlands Middle School. Students heard him tell about how he got made fun of when he was a child for being unable to talk. Many people thought that he would fail but he proved them wrong.

Many students had tears in their eyes when they heard his story. Students learned about who real heroes are.

The strongman lifted two girls holding on to a metal bar which he later bent with his teeth! He tore a phone book in half, rolled up a frying pan, and broke a baseball bat with his bare fists to demonstrate his feats of strength. He wanted to teach students to be strong on the outside and on the inside and stand up for others who might be being bullied or friendless.

John certainly made an impact on the Highlands Middle School students. He has become a hero for many people.
Highlands Middle School presented the Spring musical, The Music Man Jr., under the tutelage of Director Renee L. Shreffler. Many people contributed to the success of the show. The part of music man Professor Harold Hill was played by eighth grader Matt Stawinski. The part of Marian “the Librarian” Paroo was shared by seventh grader Hailey Hiester and eighth grader Larkin Richards. In the story con man Harold Hill tries to swindle the townspeople out of money by starting a boys’ band and selling them band instruments and uniforms. The naive Iowa townspeople are taken in by the fast talking salesman.

Harold plans to take their money and leave town but the prim and proper librarian (and music teacher) Marion sees through him. He wins her heart by helping her younger brother who has speech impediment (lisp) and is painfully shy because of it. Along the way he is redeemed by the love of a good woman, the town librarian. Harold risks capture to win her hand.

The show was wonderful and kudos to everyone involved!

**The Music Man Jr.**

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**Students Helping Others**

A group of sixth grade girls got together to brainstorm a way to help their friend in need. Sunny Taylor’s young brother has SMA or Spinal Muscular Atrophy which is usually fatal. He is six years old and cannot move or talk. Sunny and her friends Sarah Rugh, Sara Karns, Kayleigh Haugh, MacKenzie Remper, Adrianna Vergerio, Page Warren, and Sunny Taylor decided to do something to help others like Joey by raising funds for research and study to find a cure for this debilitating condition. Each girl filled a container with a different kind of candy. Students and staff can try to guess how many m & m’s, skittles, mini candy bars, jolly ranchers, jellybeans, or Hershey’s kisses are in the jars for $0.25 cents per chance. The person who guesses correctly, or closest to the amount, will win the jar of candy with all proceeds going to the SMA Association.

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**Persistence Pays Off ~ Never Give Up!**

Persistence is the sum of small efforts, repeated day in and day out.” ~ Robert Collier

The journey of a thousand miles starts with a single step.”

~ Chinese Proverb

A lot of us would like to move mountains, but few of us are willing to practice on small hills.”

~ Albert Einstein

~ Anonymous
Test Taking Tips

1. **Have a positive attitude.** Do your best.
2. **Eat a good breakfast.** Make sure you have enough nourishment to think clearly.
3. **Manage your time wisely.** Go through and answer questions you are sure of. This is a confidence builder and allows you to save time for more difficult questions.
4. **Neatness counts.** Make sure that all written answers are legible.
5. **Multiple Choice Questions.** Try to eliminate any answers that cannot be right and spend your time focusing on possible choices.
6. **Don’t get frustrated.** Re-read questions and come back to them later if you are stuck.
7. **Not so fast!** Go back and check your work. Make sure that you have filled in all the questions and proof read essays.

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**Builders at Work**

Justin Harding, seventh grader, hard at work constructing his tower design.

Teamwork pays off! Eighth grade “Battle of the Bridge” designers test the construction of a civil engineering project in Tech Ed. Their bridge held 575 pounds live load.

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**Alle-Kiski Art Show**

Highlands Middle School was the only middle school to have artwork on display at the student art show at Penn State New Kensington!

Nice job students and art teachers!
Words to Know, Words to Grow
Here are some words you should know to help you on standardized tests as well as in life.

1. **Bias** - an inclination or preference that influences judgment; prejudice. *He was biased toward Drake over Bruno Mars.*

2. **Argument** - a discussion (written or verbal) in which there is disagreement along with presentation of various sides of an issue. *You can make a convincing argument that Bruno Mars is a better singer than Drake.*

3. **Essential** - fundamental; necessary; indispensable. *Music is essential for my relaxation routine.*

What Time Is It? It’s Time for the PSSAs!

Students from Mrs. Coulter’s class visited Mr. Donnelly’s workshop for a Tech Ed class to make clocks to help them tell time and keep them on task. Students learned how to be safe around hand tools and machinery while manufacturing a mantle clock. Students know that they will need to get enough rest and arrive to school on time to do their best on the PSSA tests coming up in April.

Whether you think you can or think you can’t - you are right.  
-Henry Ford