



# *The Maroon and Gold Gazette*

## *50 years in Baltimore County Schools!*

Leading article written by: Olivia Graham and Sylvia Westra



This is Mrs. Williams's 50<sup>th</sup> year working in Baltimore County, she is currently working as an assistant librarian. When we asked Mrs. Williams, what was the first day on the job like she said, "I didn't even know there was a Hereford, I was working at the Science Center at the time, and they called me up, and said that I was being moved to Hereford Middle School." Then she said "It was raining really hard when I got here at 7:00 in the morning. All the teachers met in the library. I was thinking that I was not going to like this because it was raining, and I didn't know anyone. When we all talked to each other

we really liked each other, and we got along really well. I started teaching on day 1 in the science department." We found it very surprising that she started teaching when the school first opened. Then we asked what Hereford was like at first. She stated "The D hall was not here. It was shaped like an E so every hall came to a dead end, very inconvenient. There were also only two grades, 6<sup>th</sup> and 7<sup>th</sup> and each class had about 12-16 kids, hardly anybody here." **Continued on Page: 4**

## **Inspiration Section**

"Your days are like pages, the chapters unread, you have to keep turning, your book has no end." -Austin Carlile

"The only way to have a friend is to be one."

-Ralph Waldo Emerson

# Hereford Clubs: In the Spotlight!

By: Gia G.



Hello HMS! This is your friendly neighborhood writer, Gia G typing. This month our spotlight club is Chamber Orchestra! Every Tuesday since 1999 Chamber Orchestra has been playing. Open for all grades, Chamber Orchestra is a favorite, and a classic club at Hereford Middle School. Chamber Orchestra students work on harder pieces of music and perform at elementary schools, plus go on field trips. To get into chamber Orchestra you do have to audition. "The chamber orchestra club has a tradition of excellence." Says Mrs. Johnson, "I am very proud of my chamber orchestra students for taking on difficult music and the new challenge." Mrs. Johnson

also thanks all the chamber orchestra students for coming to chamber orchestra every week and playing together. The club will be performing at an elementary school in early December. One of the three pieces that they will be playing for the elementary schoolers is "Pirates of the Caribbean" from the film *Pirates of the Caribbean*. In January, students of the club will go to the Baltimore County Assessment to play amazing music. Well folks that's all for this month!

## What to Eat When You're in a Hurry

Have any of you wondered what to eat in the morning when you are in a hurry? Well you're in luck! The Maroon and Gold Gazette decided to write an article about healthy food choices. The morning is a rushed time for many students in the Hereford Zone, especially when you live a long distance from school. However, breakfast is an essential meal for healthy living. In this article we decided to talk about healthy morning foods you can eat that are delicious and you can make quickly.

Here are five healthy morning food choices. You can eat a morning power ball. You can make them during the weekend and then you can eat them over the week. To make a morning Powerball you need:

- 1 cup old fashioned oats
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chip
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon of vanilla extract

Combine oats, peanut butter, ground flax seeds, chocolate chips honey, chia seeds, and vanilla extract together in a bowl. Cover and chill dough in the refrigerator for 30 minutes.

Avocado Toast is also a very good choice. For the Avocado Toast you need avocado and a piece of toast, you put the toast in the toaster and then slice up the avocado. Also, Toast, peanut butter, and banana is quick and healthy, and you can also have a Granola Crunch

Parfait. You need yogurt and granola you can add fruits with that too. A bagel with cream cheese is a very good last-minute choice too.

These choices are very healthy and taste amazing. You won't regret trying any of them, and your health will thank you for having that most important meal of the day, even during your most rushed morning.

## Faculty in the Spotlight!



Hereford Middle has a lot of great teachers. One of them is Mr. Seeley, so we decided to interview him for the Maroon and Gold Gazette. He teaches world cultures and has been teaching for 11 years. He says he enjoys it very much seeing us kids laugh and smile. He has wanted to be a teacher since high school, but he got "stuck" in the business world, teaching was always his dream. His 12<sup>th</sup> grade history

teacher inspired him to become a history teacher from the way he taught. Mr. Seeley has always been good in Social Studies, but terrible in algebra. He is a very flexible teacher but "maybe too flexible," he said. He also enjoys teaching world cultures because he enjoys showing students about the old world.

"Never give up and pursue all your dreams" – Mr. Seeley.

## The Conowingo Dam



Did you know that the Conowingo dam holds more than 200 million tons of sediment behind it? We need to change that. Whenever new sediment comes and gets stuck behind the dam, it's not filtered. Which means that some of the sediment sneaks out and gets into the drinking water.

The Conowingo Dam is a Hydroelectric Generating Station. It is one of the three

dams on the lower Susquehanna River. The Conowingo Dam is owned and ran by the Exelon Corporation, which is watched carefully by the Federal Energy Regulatory Commission (FERC). The FERC is located downstream by the Safe Harbor and Holtwood dams. It took two years to build the Conowingo dam.

The Conowingo Dam is known as the "pollution gate". The Dam is known as the "pollution gate" because of all the pollution behind it like soda cans, spoons, and a ton of plastic. The Conowingo Dam has ceased trapping sediment, however the water filtered from the reservoir still contains some sediment. Nutrients that enter the river up the stream sometimes attach to little tiny particles of tiny sediment that are a bigger threat to the Conowingo Dam water quality than the sediment alone! Every time someone drinks the water that is from the Dam they are putting sediment in their body. When you get sediment into your body it can make you extremely sick, due to the possible chemicals from pollution in it. The chemicals in it are dangerous... such as photographic acids, home acids, and laundry detergent.

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She said that in the library there were no computers, just chairs, tables and books. Then she said, "I started out teaching science then came to the library 25 years ago." When we asked what made her want to be a school librarian she said "I like books, I like reading, and I love research. I want everyone to love those things to." We then asked what is your favorite genre of books, she said "Non-Fiction. Fact junkie. I love history too." Then she said, "I pick out all of the Non-Fiction books and Mr. Thomas picks out fantasy." Then we asked What the most popular genre of books checked out from the library was and she said "Fantasy. Without a doubt." Next, we asked her if she had any book recommendations for the students of HMS. She said "I totally love *Life as We Knew It*. Genius book. I also liked the premise. Interesting book! Also, *The Compound* and *Trash*. *The Compound* is a book that boys would really like." When we asked, "Do you have any advice to the students of HMS" she said, "You should have a lot of interests and learn to make decisions for yourself" Then we asked, "How is the cricket doing in the library?" She said

"I haven't heard him in a while! He is happy, just fine."

**HMS Funny Papers**

