

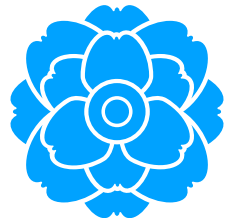


# TIGER TALES

## Spring is Coming



With April showers come May flowers. This year Spring officially starts on March 19th. Spring Break is already almost here! It is coming up on March 11-13th. There are so many good things about Spring, for instance, fourth quarter starts!



## Quiz Bowl

Quiz bowl has two meets this year. The quiz bowl meets are March 19 and April 8<sup>th</sup>. They will be at Sterling and Johnson Brock. Junior High Quiz Bowl will be at Lewiston both days. The students are studying very hard and they are excited for the team to win this year.



## **Can Your Grandpa do this?**

**This year, 62 year old, George Hood sets a new world record for a plank held for 8 hours, 15 minutes, and 15 seconds. Hood is not only a former marine, but he is also a retired Drug Enforcement Administration supervisory special agent. He has actually broken the world record for longest plank before in 2011, with only a time of 1 hour and 20 minutes. He tried again in 2016, but sadly, lost to Man Weidong of China. This didn't stop Hood from persisting. He trained every day for 7 hours. "It's 4-5 hours a day in the plank pose," Hood told CNN. "Then I do 700 pushups a day, 2,000 situps a day in sets of a hundred, 500 leg squats a day. For upper body and the arms, I do approximately 300 arm curls a day."**

## **Have you got Talent???**

**Sign up for the talent show outside of Mrs. Voorhis's room. All entries for the talent show must be in by March 10th. Talents will then be approved by March 16-20th. Email Mrs. Voorhis ([manderson@lewistonschool.net](mailto:manderson@lewistonschool.net)) if you have any questions.**





## Track

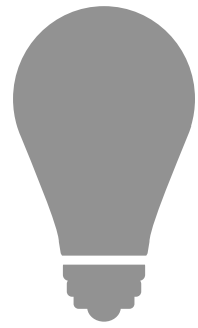
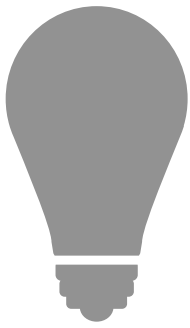
This year's head coach is Mr. Gabehart. He is very excited about track. He says at least 50% should be going out for track at our school. That is 21 students out of 41. Track consists of three things: running, throwing and jumping. We have the student athletes who can succeed in all three of these things and we are hoping can take us all the way to state.

**Approximately 32,000 pints of blood are used each day in the United States. Every three seconds someone needs blood. Just one pint of donated blood can help save as many as three people's lives. The average adult has 10 pints of blood in his or her body. Blood Mobile is March 10th going from 2:30-7:00 pm in the lunchroom. 17 year olds and older come give blood! If you are 16 you may give blood with parent permission.**

***GIVE BLOOD***



***SAVE LIFE***



The 2020 Science Fair is on March 27. Students are working on their experiments now and are full of excitement. Students of Lewiston school enjoy science with our new science teacher Mr. McNeil. This year has been very fun. Kids are already coming up with project ideas: “What happens when blood gets hot?”

### Super Tuesday

Four Democratic Candidates are battling for office on Super Tuesday: Bernie Sanders, Joe Biden, Elizabeth Warren, Michael Bloomberg. Two candidates ,Pete Buttigeig and Amy Klobuchar, recently dropped out to support Biden. Both Sanders and Warren are far left and want radical change, while Biden and Bloomberg are middle and want less radical change.



# Spring

N S N H D K F P P R  
S U T T A L R A I N  
T L S C O T R N L V  
G D A W E A C B D R  
J R E M P S I H D W  
R R A R I R N Y A M  
S Q I S D N R I G V  
T L D S S R A P W X

Rain  
April  
May  
Flowers  
Insects

Animals  
Hatch  
Sun  
Grass  
Birds

