

<a href="#">Willa</a>	<a href="#">AngelinaL</a>	<a href="#">Anne</a>	<a href="#">Paige</a>	<a href="#">Joey</a>		
<a href="#">Sebastian</a>	<a href="#">Bryce</a>	<a href="#">jack</a>	<a href="#">Eric</a>	<a href="#">Zaid</a>		
<a href="#">Bella</a>	<a href="#">Sajal</a>	<a href="#">Fatima</a>	<a href="#">Madison</a>			
<a href="#">Olivia</a>	<a href="#">Cindy</a>	<a href="#">Peter</a>	<a href="#">Matt</a>			

MEDOLLA  
STROUT

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### 21. WRITING PROMPT

Everyone is afraid of something- heights, spiders or flying just to mention a few.  
What do you fear the most?

Think about a time that you had to face your fear.

Write a paper about what happened and what you did to overcome the fear or if it  
still frightens you today.

# Scared to Death

By: Willa

4-10-13

There are going to be times where you get a visit from your worst fear. It's a scary thing to do to get over your fear; you might even go to the extreme.

My fear comes in with most sports skydiving, parasailing, and climbing. My fear is heights. It all started when I was five. I was going to my friend Carmon's birthday party. She's my neighbor in my neighborhood.

I was very excited for this birthday until I got there. When I walked into the building, all of these inflatable's' up in the air. My

mouth dropped to the ground and I was trembling in my own shoes! It was horrifying! What was I going to do?! I don't want to be teased because of my fear!

I knew I had to face my fear so I just took off my shoes and went in. It didn't seem so bad at first, it seemed like I was coming over my fear! But there comes the sky trampoline.

The sky trampoline is an indoor trampoline that hangs from the whole Inflatable Tower of Doom!

My instinct was to flee, but of course I had to get over my fear! I was jumping, jumping and jumping but I was still holding on! I thought that I was going to fall through! The bottom wasn't sturdy. It was net!

By the end of the birthday, I was too scared to go down! I thought that I was going to fall, so I told my mom. She told the staff what happened and they got me down. I was so embarrassed! I need to get over my fear but how?

The next day, my mom took me back to where the birthday was held. I took off my shoes and went in. I was nervous to go in. But as I started climbing, I lost that fear and I climbed all the way to the Tower of Doom what I call now is the Tower of Fun!

In the end, I learned that facing your fear can be very scary at first, but I got over that fear and now I look back at that traumatizing day and I laugh at it!

# *Heights*

By Zaid

4-10-13

Everyone has a fear, and they have to overcome it. But I'll never overcome mine.

Last year in August my family and I went to Six Flags. It was a sunny day I wanted to go on plenty of rides. "Can we go on that ride" my brother exclaimed. "I'm not going on that ride it's immeasurable" I said as I was terrified. "Don't such a baby" my brother said I had no choice I has to go on. I was very uncomfortable. The ride was about to start.

It was a tremendous ride. It started going up and up and up. Then, it suddenly

dropped down!

“Aaaaaaaaaaaaaaaaaaaaaaaaaaaaaa”!!!!!!!!!!!!!!!!!!!!!! I screamed. My heart was beating out of my chest. “Can we...we...we go on the smaller rides” I said to my dad as my whole body was shivering. “Okay we’ll save the immense rides for last” my dad said to me as he sat down.

We went on all the small rides. Then, it my fear heights against me. There was this enormous ride that was probably more than 100 feet high. My brother and sister went on the ride. My mom and dad tried to get to go on the ride, but I didn’t go on it. My brother and sister got off. It was now or never.

So I went on it with my little sister. We went so high we could see all of the parking lot and  $\frac{1}{4}$  of the park. I thought we were going to be stuck up there or it will suddenly drop so

fast. Instead it didn't drop down too fast or too slow. I got off and I wasn't scared of heights for that day.

You can overcome anything if you believe in yourself, but even to this day I am still afraid of this.

# Bumble Bees! Ah!

By Sajal

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Buzz! Buzz! Do you hear that noise? That is the sound of Bumble Bees! Buzz! Buzz! Ah! I can't get that Bee to leave! Their pesky little burdens that won't stop buzzing!

Bumble Bees have always been my biggest fear! Buzz! Buzz! The annoying sound will make you want to flee the country! They are yellow with black vicious stripes. All they do is eat honey and annoy you until you drop! My last memory of a bee is when I was sound asleep, then I heard a buzzing noise, I opened my eyes and let out a shriek! There was a humongous, massive, extra-large Bumble Bee right in front of my face! I jumped up and ran into my room, than my brother asked me why I screamed, I told him exactly why. After that he got a fly swatter and whack! It was gone.

The next memory I have is when I was playing on the playground and my shoe fell off. I tipped it over and tapped it tap! Tap! Tap! Than a massive Bumble Bee buzzed out! I ran away screaming! Soon after that when I went outside to get on the bus I looked



back and there it was! The Bumble Bee! I attracted a Bumble Bee onto the bus! Good thing I'm the 1<sup>st</sup> stop! I finally got rid of the Bee! I was Bee-free! For now...

# The Fear Of My Life

By: Peter 4/10/13

People can't say that there not afraid of anything, because everyone has a fear. I for one can think of a fear right away. I'm afraid of cats.

There is a countless number of reasons I am afraid of cats. I'm afraid of their eyes and claws. I'm allergic to cats so that works out for me. I have three cats in my backyard. They're all having babies! I'm in deep trouble!

My fear of cats all started when I was four. I was playing soccer in the front yard. I kicked the ball over to the fence. I went to get the ball and suddenly something moved. It looked at me with its yellow eyes, and sharp claws, and then I ran like a cheetah.

I told my mom what was going on. I did not go outside for the rest of the day. I told my dad what happened too. He scared the cat away and it never came back. I felt better then.

The next day I wanted to play again. My dad played with me, and luckily there were no cats. I had fun playing but I was still watching out.

Ever since this fear started I have been afraid of cats. I am not afraid of much but any cat could ruin that. Most people overcome their fear, but I didn't. I will never get over this one!

4/11/13 by Madison

Everyone has a fear. Don't tell anyone you don't. You may have a fear of loins or maybe water. I have a fear of spiders. This was a horrifying time I met up with a very creepy very hairy spider.

It was a normal Sunday of watching The Simpsons. I grabbed a remote to raise the volume, when I noticed a strange dot. Except it wasn't a dot, it was a big hairy black spider! I squirmed away, hoping it would just scurry away, but instead it was coming closer! I climbed up the couch screaming "spider!" until both of my sisters saw it. My older sister Sam told me to rid of it myself. I kept refusing until it was 1 feet away from me! "AAAAAAAAAHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHHH!" I was bouncing off the walls trying to avoid it while Sam got a paper towel to remove it. It was climbing the walls and around the room and then on the couch. I was running around like an idiot and so was my twin sister Allison. We kept running around and screaming till Sam smushed it and threw it in the trash.

This did NOT help with anything. I am still scared of spiders and still reluctant to touch the spot where Sam squished the spider.

# The Spider

Have you ever had a fear that made gave you the chills. I have it is spider everywhere I look I see spiders in my house, outside, in the car, on the bus everywhere. They give me the chills like a cold winter day

It all started yesterday at Cub Scouts. Avery's dad's job was designing bridges. The Boy Scouts have a catapult called the trebuchet and launched pumpkins' in the air and almost hit their neighbors house across the lake. We got

to make little trebuchet that launched marshmallows. When Cub Scouts was over we opened the door to Mrs. Sue's car and there was an ugly disgusting brown spider. "Ahhhh" I exclaimed. Mrs. Sue said "Just deal with it" she exclaimed. I didn't want to sit near the ugly horrifying spider. Before I could say a word we were already moving and faster by the minute.

After that I listened to advice they gave me and I didn't worry about it again until we got home. I thought I saw the spider but it was just a crumb. I asked if we could stop and switch seats and the shouted "NO". "Ok" I exclaimed to all of them. I never saw the spider again after yesterday.

By: Joey

## Unknown by Eric

**CLICK, CREEK, CRASH.** Steps in the night, in a house, even outside you never know what's coming. **BOOM AHHHHH.** That's what I'm afraid of, and you won't believe what's coming at you.

I have always had one big fear. The unknown. Imagine not knowing where you are and something jumping at you. It makes me as petrified as a fireman that just entered a building in flames.

You see I try very hard overcoming this thing. If I go somewhere dark, at night, and no one with me, it's hard to stay calm. Also you don't know what tomorrow holds. Will it be bad? Will it be scary or sad? What is next in life? This is also a fear.

Honestly, I don't think I'll ever overcome this, but I know one thing, I will try. If I don't open up to it I am not open to change, and sometimes change is a good thing. So I will try to face it and try to overcome it, but for now I am still afraid.

# ☹️Scary Nights Await☹️

By: Anne 4/11/13

Ever since I was little, I was afraid to sleep by myself. When the darkness comes to life, I enter the doom of destruction.

Every night I await with my eyes open, glancing at everything in my room. My eyes do not give in to the night, and mind is restless.

I imagine things very differently from other people. I think that the loose items in my room turn into harmful monsters tearing me from my insides. I try to escape the cage that haunts. Although I can't, with eyes watching me, no one can.

Knowing that the darkness will come to get me, my mind is thinking, working and fighting the darkness from the most horrible thoughts you can think of.

Even with the most wonderful therapist on earth can't save me from this fear of mine. Still now, when I'm nine, I'm frightened from the horror breaking me down into pieces. As my creativity fuels me, it cripples me at night.

# ☹️ The Unknown ☹️

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By: Angelina L. 4/11/13

Everyone has a fear, whether it's heights, roller costars, or even just the dark. However, everyone in the world is afraid of the unknown.

As I lay down watching the T.V I'm always trying to predict what will happen next. The truth is nobody can predict the future. The unknown can scare the most horrifying man on Earth.

This occurs every day, and no one can say they're not frightened of the unknown. I look into the closet wondering if someone will jump out. I stare into the darkness, waiting and watching.

If I overcome the unknown I wouldn't be able to try new things, or learn. Exploring can be overwhelming, but going on an adventure will open the doors to new and better things. If I never tried to walk, then I wouldn't be able to run around and play tag today.

Staying alert will help you, but you can't melt away this terror from your "scared zone." Just try something new today.



# The Unknown in the Dark

By: Cindy N.

No one is picture perfect and everyone has fears. It can be a fear of heights or the dark. Although you do anything you can to get away from it, you still have to face it anyway.

One day when I was 5, we were moving to my house I live in now. I was so excited to move to a nice warm house. We were busy as bees moving our household objects. Time flew and night time came. As my mom tucked me to sleep a loud crash hit my room! I flee under my blanket. Her hand as soft as silk, my mom patted my head and explained to me that it was only thunder. She kissed me good night and closed the door. This was only the beginning of my fear: the unknown in the dark.

Tossing and turning, I couldn't close my eyes. Tingling spoons, banging dishes, and a rainstorm with lightning and thunder made my teeth chatter like a monkey. Finally after 12:00, I hopped over to my mom's room. My parents were sound asleep as deep as the ocean. This fear was getting the best of me.

In the morning, my dad asked, “How well did you sleep last night honey?” Trying to reply, I dropped on the floor and slept for what felt like 3 hours. By the time I woke up, my parents were gone. My grandma informed me that my parents were off to a party at their workplace in Philadelphia. They wouldn’t be back until past my bedtime.

It was 9:00 and was time for sleep. I sat there like a bump on a log. Suddenly, my closet door made a creak. Slowly and carefully, I took out my starlight twilight flashlight and opened my closet door and there wasn’t any monster. Everywhere else I checked was exactly like my closet.

The next day, my parents were home and greeted me good morning. They were proud that I faced my fear. It was very brave to do. To reward me, they took me out for my favorite ice-cream. From that day on, I slept soundly as a groundhog.

# Stage Fright

By: Bella

In life every person has a fear. Different people have different fears. Some people can overcome their fear when other cannot. I personally cannot. My terrible is stage fright. I think I will never get over stage fright because of what happened when I was five.

Birthdays are supposed to be great, but not my fifth birthday. I remember the day perfectly. But that doesn't mean I want to remember this terrible birthday.

At my fifth birthday party my stage fright began. My mom made me present a project that I did in school. I was so nerves! My palms were sweating. I started sweating uncontrollable.

My mom said to stop procrastinating and present the poster. I was so scared and nerves I ran outside across the street to my neighbors. I hide in their backyard.

It took my family an hour to find me. Once they found me they ask why I ran away? "I was scared and I think I have stage fright" I exclaimed. My mom confuted me and said "it only your family there's nothing to be scared of."

I came back in and still had to present. "Great I get to present" I mumbled sarcastically to myself. I went through my whole presentation mumbling in terra. It was even worse than I thought. Everybody said I did the greatest they have ever seen, but I know they

were all lying. I know I did terrible. They just wanted me to feel good about myself.

I don't like that I have stage fright because I love to sing and dance when I'm alone. Still to this day I have stage fright. But, it gotten better over the years.

# Scary Spiders

By: Paige S.

“Time to go to the pool guys, get ready!” , my mom shouted to my brother, my sister ,and I .

I got up from the couch, changed into a bathing suit, and grabbed some snacks. We all got pool noodles and pool floats and got into the car. Vroom, vroom! We drove to the pool.

When we were there, I sat down in a chair and rubbed on some sun block. Splash! I jumped into the chilly water and swam around for a bit and came out for a snack.”That water was cold!”, I exclaimed to my mom.

I sat down and ate some pretzels and rested my hand on the chair. I noticed that I felt something hairy. I slowly glanced over dreading the moment when I would

discover what it was. It was..... **A SPIDER!**

**“AAAAAAAAAAAAAAAAAA,SPIDER!”**,I

screamed.

**“SPIDER! SPIDER! SPIDER!”**, I repeated.

I sprinted over to a tiled pathway and quickly climbed into a train where they gave little kids rides, hoping spiders couldn't climb into trains.

Eventually, I wanted to go for a swim. I looked both ways, ready for a spider attack and dashed for the pool hoping the 8-legged demons couldn't swim, but there was a giant puddle! SLIP! I slid and banged my head on the hard concrete.

My mom rushed to help me and walked me over to get an icepack.

That night for some reason that I don't remember (I only remember how scared I was) we slept downstairs. I feared that big, hairy spiders would bite me.

My extreme arachnophobia still really makes me do crazy things. Some examples would be nearly breaking an Ipad 2 times and karate chopping a book in half, but those are stories for another day.

# **The Evil Bunk Bed**

**By: Sebastian B.**

**Everybody is afraid of something and I can certainly relate to that.**

**It all started one night when I was in bed in about the middle of the night and I woke up and I had a weird taste in my mouth. I was also wondering why I was crying. I got up out of bed and went into the bathroom and saw blood from my head to my toes. I started screaming to my mom but she didn't hear me. I walked down the steps to show me mom by tapping her shoulder. When she finally woke up she started screaming because she had never seen anything like it before.**

**She brought me to the hospital. When we arrived everybody started staring at me. I**

**didn't really want to be so patient because I get cranky without my sleep. They had to take me to the emergency room where they had to do x-rays and gave many prescriptions and told me to wash off and take a bath.**

**The next day when I was at school I had to go to gym so I told the teacher I couldn't really run around and play because my nose was still bloody. When I got home school my mom set up a doctor's appointment and the doctor said that I have a broken nose. He gave me a bandage to cover up any more blood that might come out of my nose.**

**If you don't like sleeping high I recommend you don't come to my house for a sleepover.**



# The Faced Fear

By: Bryce 4/10/13

Have you ever over come you're a fear well it can be hard. But when I faced it felt great.

It all started when I was six. I was afraid of heights. I went to Disney World I had the time of my life.

I saw this one rollercoaster my dad was about to ride he said I had to go on. I said no but he said I had no choice so I ran away then he picked me up and took me to the rollercoaster.

When I went on the ride it went up I looked down and saw the massive height. Then it went down it was as fast as an airplane! Once I was about to wet my pants the ride went in loops it horrified me because I thought I was going to fall off and possibly die.

I thought the ride was done but I was wrong. The ride went even faster and had more loops. I screamed dad takes me off over and over but he said I have to wait. I thought if I closed my eyes it feels like the ride was over, but it only helped a little bit.

I could see where the stations it stops the ride ends. But there was an even bigger loop than all the loops combined when I was half way in the loop the ride stopped. The ride is

broken I thought but 20 seconds it went it went even faster I thought I saw some fire.

When I was off I said you better get me a soda and something to eat. We went to a pizza place. When I was eating my dad said lets go again if you want to. I couldn't say no because my mouth was stuffed with pizza. So here we go again.

From this experience I faced my fear. Also I went on it again when I was seven and it didn't horrify me.

4/14/13

## Tests

By: Jack

You have to be afraid of something, whether or not it is creepy bugs, giant heights, or maybe even bridges. Whatever it is, you may not be able to face it.

I'm afraid of important tests. I always think something bad is going to happen and then turn into a disaster. For example, I may get too many answers wrong, or I'll have to retake the quiz and my grades will be twice as bad! My heart will pound and my legs will shake like an earthquake. Then I'll get writers block, and I can't catch my thought. My mind spins around, and with all of that, I have a cold feeling inside me. Trust me, I'm never up for taking tests.

The thing that I feel the best about is none of the bad thoughts ever happened before. So don't feel bad.

In the third grade, the N.J.ASK test was coming up. Just thinking about it, I got nervous. Luckily, I never got queasy, and I hope I never will. When I got my test results, I surprisingly really wanted to see them. I was surprised as much as you were that I faced it. Then before your eyes, I was screaming my head off! I had only a few mistakes meaning I did awesome!

I'm definitely getting over my fear, but that doesn't mean I still have it. I have to face my fear again in only a few weeks. Hopefully I can do better than last year.

## The Tower Of Terror

By: Olivia

4/12/13

Have you ever been scared of something that you never wanted to face it? You were just too scared to do it.

It all started at Disney World. My Dad wanted to go on the TOWER OF TERROR, but I was like not going to happen. He was like come on if you're not scared of rollercoaster you won't be scared on this ride. I said "If I have to go on, Jake is coming to". So we walked to the ride.

When we got to the ride my hands were shaking I was just so frightened, but I was glad that the line was really long. When the line was moving it was going fast so we got to the front of the line my palms were sweaty, I was about to cry, and I was about to faint. I told my Dad I just couldn't do it I was just too frightened. My Dad told me about what was the ride going to be dark, fast, and is your stomach going to drop I was still scared even if my Dad told what it's like.

When we got to the front front of the line I froze my Dad told me that I can do it and he said he promises. One of the workers took us to this door, but we had to wait for more people. When more people came the doors opened they told us to go all the way to the far right corner. Then all a sudden the worker said "Your room is not ready yet" the lights turned out and the TV turned on it was talking about this family went to go stay at the hotel, and it was this little girl and her parent , also this bag carrier they went in this elevator, and they turned into ghost and now they live in the basement and that elevator went out of order. The video on the TV said were in the Twilight zone, and now its our turn to become a ghost.

When the video was over we walked out, and the ride was right in front of me my Dad said "I know you can do it". When the worker put us in the elevator we put our seat belts on, and she walked out. We went up one floor and there was the people that now are ghost had lightning in their hands and we went up own floor again now It was dark with ghost everywhere. There was an open space where we were headed to and it was pitch black. When we got in there the door behind us closed then we dropped 13 floors down, and then we went up 13 floors and it kept going on and on. After all I had the best time ever.

If you're afraid of something try and face it by doing it. As soon as you do it you'll keep wanting to do it.