

THE ECLIPSE

Illuminating News by East-West Students



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Thirteen Reasons Why

Should we rely on entertainment to address difficult issues in our world?

By Shahram Rahman, Grade 11, Editor-in-Chief

For those of you who have not read the book or watched the series, I advise you to not read this article, unless you don't mind spoiled endings.

In late March, the Netflix original series *Thirteen Reasons Why* became an instant success and immediately attracted the attention of not only Americans, but citizens around the world. This series is based on Jay Asher's novel, which was first published in 2007. It revolves around a high school student, Clay Jensen, and another student, Hannah Baker. Hannah commits suicide after suffering a series of traumatic circumstances, brought upon her by fellow classmates at school. A box of cassette tapes recorded by Hannah before her death effectively detailed thirteen reasons why she chose to take her own life. In her tapes, Hannah mentions 13 students' influences on her life in connection to her suicide. One of the students mentioned on the cassette is Clay Jensen.

At the same time this show became a success, it also raised a great deal of controversy. Some viewers felt that the graphic depiction of suicide and rape glamorized and idealized what should be considered horrible tragedies. Because shows like this blur the boundaries between reality and fiction, many teens take depression and suicide less seriously. Dr. Sanam Hafeez, a clinical neuropsychologist, stated, "There is a blurring of boundaries between reality and fantasy when it comes to depression and suicide. In teenagers even more so..." (www.pix11.com) *Thirteen Reasons Why* deals with serious subjects that should not be thought of as mere entertainment, but instead be considered powerful ruminations on depression and suicide.

Recently, Netflix announced that *Thirteen Reasons Why* will be renewed for a second season. There are mixed emotions about the renewal of the show. According to *The Ringer.com* there exists an "overwhelming backlash to the show's tone and message from varied parties..." It is as if Netflix desires for there to be more divisiveness among viewers. The first season detailed the thirteen reasons. What could the purpose of the second season be, other than to dramatize and at the same time, trivialize, a serious happening?

Perhaps the entertainment industry's priorities are wrong here. Perhaps the makers of this show have a responsibility to their viewers to portray teen suicide and trauma in a serious, somber light for the purpose of cultivating compassion in viewers. It's not clear whether that was the case for *13 Reasons Why*.

If you plan on watching Season 2, remember your responsibility as a viewer is not only to be entertained but to examine shows like this with a critical eye, and to ask yourself in this is in fact, something that contributes to our lack of understanding about the dangers of teen suicide and depression.



Hannah's conversation about those that influenced her suicide were recorded on cassette tapes because she believed that her story needed to be heard.

The Chinese Culture Club Calls on East-West's Iron Chefs

A new event led by the Chinese Culture Club turns out to be a great success!

By Jingyi Teng, Grade 6

The Chinese Culture Club's first ever Iron Chef Competition took place on Friday, May 19 after school. Teams competed for Iron chef status by creating their own version of a Chinese dish. Dishes included Beijing style roast chicken buns, fried corn wraps, sweet and sour pork, and noodles with braised chicken. Judges Ms. Marissa Miller, Ms. Gorry, Mr. Cromer, and Mr. Kalla had a hard time deciding which dish was the best. After some careful thinking, Team 4's Beijing chicken buns won! The best part of the Iron Chef competition was everyone got to enjoy all the dishes, plus additional side dishes that other students prepared.



The winning team of the cooking competition consisted of (right to left) Corey Cheung (Grade 12), Ryan Cheung (Grade 6), and Marco Yu (Grade 12).

The Competition's judges consisted of Principal Cromer, Mrs. Gorry, Mr. Kalla, and Mrs. Marissa Miller.



年糕 *Anyone?*

The lowdown on a sticky Chinese treat

By Angela Li, Grade 6

So what is 年糕 *nian gao*? Nian gao is a sticky rice cake from China that many eat during the Spring Festival. It literally translates to “Year Cake” in English, but in Chinese the word gao which means cake, also sounds like the word for high. Many Chinese people associate this cake with the growth of the upcoming year as children go to new heights.

Several areas of China have their own varieties of nian gao. Northern China eats Nian Gao made of white sticky rice. In Southern China, many eat what’s called red turtle cakes or sticky rice paddies containing sweet potato or red bean filling, shaped in the form of turtles. Turtles are associated with long life in Chinese culture.

Chinese people have been making nian gao for over

1,000 years. During the Liao, Ming, and Qing dynasties, nian gao was a popular snack. So if you haven’t tasted it yet, make sure to go buy some! .



You can find nian gao like the one pictured above in all sorts of establishments in Flushing.

The Sweet Tooth Diaries

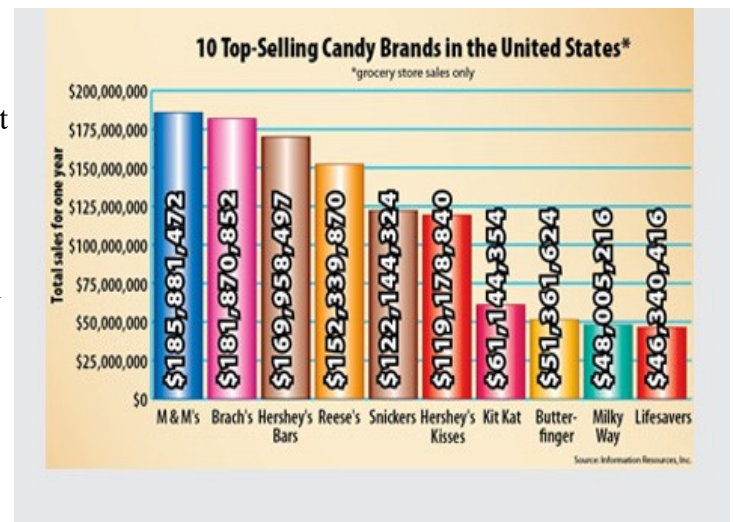
What’s Your Favorite Candy?

By Zhen Zhen Tao, Grade 6

Everyone can agree that candy is sweet and yummy! There is hard candy, sour candy, soft candy, sticky candy and much more. Though candy is traditionally for kids, all people enjoy it. In appreciation of all candy, below are some fun facts about your favorite sweets:

- Eating quality dark chocolate in moderation can moisten your skin, make it smoother and protect it against sunburn.
- While an occasional candy bar can be part of an otherwise healthy diet, eating candy regularly can negatively affect your health. Too much candy can provide you with large amounts of unhealthy substances, such as sugars and fats. Also, if you are eating candy each day, you may not eat enough of the foods necessary for good health. Enjoy candy and other junk foods only sparingly.

- The smell of white chocolate increases theta brain waves, which triggers relaxation. It takes two to four days to make a single-serving white chocolate bar.
- Peanut M&M's came out in 1954. The company’s New Jersey factory produces 2 billion M&M’s every eight hours.



Have Your Vegan And Eat It Too!

Avoid animal products and get your sweet on with this delicious chocolate cupcake recipe!

By Grace Mahoney, Grade 12

Ingredients:

- 1 1/2 cups flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1/3 cup cocoa powder
- 1/2 cup vegetable oil
- 1 cup water
- 1 teaspoon vanilla
- 1 tablespoon white vinegar

Directions:

1. Preheat oven to 350 degrees F.
2. Mix all dry ingredients before mixing in wet ingredients.
3. Pour three-fourths the way into a wrapper-lined

cupcake tray.

4. Bake for 13-15 minutes, until a toothpick is clean when poked all the way through. (When removing from tray, be warned of the cupcake’s slippery bottom.)
5. If you want to make a layered cake, double the recipe and pour into two round, greased cake pans.



Grace says:

This is a recipe that I've followed for so long that I wouldn't be surprised if I made it in my sleep. It didn't take me until well into high school that I realized this recipe is technically vegan (meaning without animal products or by-products), so you have a picky cousin or two, this moist chocolatey cake is sure to make them smile.

Forget the Eggs!

This Easter season, many are ditching the eggs and making Easter mountains instead

By Xin Yang, Grade 6

Easter Day is a holiday that Christians celebrate. Easter eggs, also called Paschal Eggs, are colorful decorated eggs given as gifts during Easter time. They are associated with spring time and new beginnings.

In addition to Easter eggs, some families like to make sculptures or settings to show various symbols associated with Easter. If you are thinking you want to get crafty this year, consider an Easter Mountain!

You'll Need:

- * Play Dough
- * 4 cups of flour
- * 1.5 cups of salt
- * 1.5 cups of water
- * 1 tablespoon of oil
- * Chenille stick people (find online)
- * Miscellaneous props relating to Easter including eggs, lambs, Christian crosses, flowers, etc.

How To:

Step 1- Mix ingredients and knead. Add small amounts of water as needed until the texture is right.

Step 2- To make the mountain first, use two backyard sticks bound together with twine to make a cross about five or six inches tall.

Step 3- Shape the whole lump of playdough into a mountain. The size will be determined by the volume of your play dough. .

Step 4- Press the cross into the top of the mountain to form a hole deep enough to stand the Christian cross. Make the hole a bit larger than the actual stick circumference because the hole will get smaller as the mountain bakes. Set the cross aside.

Step 5- Twist toothpicks into the dough or press fork randomly around on the hill to make "footholds" for the chenille stick people.

Step 6- Bake at 250 degrees for four to five hours.

Step 7- When cooled, color as desired with paint or markers.

Memorial Day 101

Explore some facts about an important American holiday

By Angela Li, Grade 6

What is Memorial Day?

Memorial Day is an American national holiday to remember those that died serving in the armed forces.

Who are the people that should be celebrated?

Anyone that served in the armed forces of the United States is worthy of remembrance and respect during this holiday.

How do people celebrate Memorial Day?

There are parades as well as barbeques and other celebrations. Families that have a member of the armed forces that died can visit Arlington Cemetery to leave flowers or hang American flags.

Why is it important?

We must appreciate and thank those that gave their lives to protect our country and our freedoms. Just as we have days to show our respect for teachers or nurses or certain presidents, we have a day to show our gratitude toward the men and women of the armed forces.

What small things can I do to celebrate?

At home, you can hoist flags in front of your house to memorialize the fallen heroes. You can also attend a parade or have a picnic.

Below is an image from Arlington National Cemetery. Flags are placed on gravestones during Memorial Day weekend.



Improve Your Mother's Day

Here's an idea of what to do for Mom next year

By Annie Dong, Grade 6

What holiday involves mothers that is celebrated in May? If you guessed Mother's Day, you're correct. Mother's Day originated in the United States in the early 1900s. Although there are older traditions that celebrate similar holidays, they are not considered to be the origins of Mother's Day. Mother's Day is a celebration honoring mothers of many different families, as well as motherhood, motherly bonds, and the influence of mothers in society. If you were not satisfied with your gift to your mother this year, consider doing something for her instead of buying a fancy present. Sometimes the thought behind a process is more powerful than a gift. For example, prepare a lovely lavender milk bath for your mom and allow her to relax for a few hours in the tub while you do chores around the house. Here's how you prepare the bath:

Homemade Milk Bath

Materials:

- 1½ cups Powdered Milk
- ½ cup baking soda
- ½ cup cornstarch
- ½ cup epsom salts

10-20 drops essential oil of your choice

Instructions:

Mix all ingredients together and add to a jar. When mom is ready, add the jar ingredients to a warm bath.

Many like the scent of lavender in a bath. Add some lavender scented essential oil.



A Girl Scout Timeline

Take a closer look at the history of cookie selling among the Girl Scouts

By Allison Goel, Grade 7

Girl Scout cookies were first sold and manufactured in 1917. This year marks the centennial for the cookies.

Girl Scout cookies have had just as much of an impact as the Girl Scouts themselves have. There are six different varieties: *Thin Mints*; mint flavored cookies with a chocolate coating, *Trefoils*; shortbread cookies baked in the shape of the Girl Scout symbol, *Tagalongs*; chocolate coated cookies with a peanut butter filling, *Samoas*; doughnut shaped cookies dipped in caramel, rolled in toasted coconut, and drizzled with chocolate, *Do-si-dos*; oatmeal sandwich cookies with a peanut butter filling, and *Savannah Smiles*; half moon shaped lemon flavored cookies dusted with powdered sugar. My mouth is watering already! How about yours? A box of cookies is \$4.

I've been a Girl Scout since I was six years old and let me tell you, it's a lot of fun. As a Daisy and Brownie, most of it revolved around learning games like Bluebird, Bluebird and Clique and singing silly songs. Now that I'm a Cadette, it revolves more around middle school navigation and how to cope

Grow A Plant

Make the world a better place by planting

By Joseph Chai, Grade 7

Materials:

- A pack of your choice of seeds
- Planting pot
- Water
- Location with a lot of sunlight
- Soil

Directions:

1. Spread the seeds apart from each other
2. Bury the seeds in the soil
3. Pour water over it when the soil looks dry (touch it to confirm your decision)
4. Place the pot somewhere with a lot of sunlight.
5. Wait for a couple of weeks and you will see a sprout.
6. Note that every seed is different. Read the directions on the package to learn more about your plant's specific requirements.

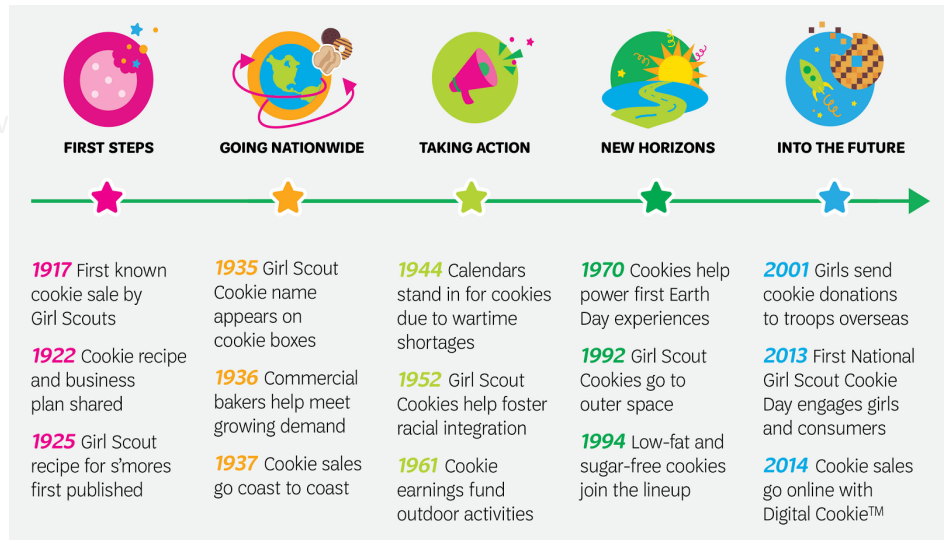
Planting can reduce the effect of global warming effect on the environment and you.

Why not start now and make the air cleaner and a better place for you to live.



with hormonal and environmental changes going on that affect you. Nonetheless, it's an amazing opportunity to get to know other girls in your area.

Selling cookies means funding Girl Scout experiences. When you buy cookies, the money goes to a local Girl Scout troop to go camping, earn badges, and so much more. Remember that next time that



when you buy cookies, you're not only buying something delicious, you're benefitting a troop by paying for their recognition of good deeds. You also help a Girl Scout learn important business skills regarding money management and goal setting.

I want to thank all of you who have helped me and my troop raise lots of money to pay for our badges and for more cookies to be produced down the road!

The Spring Concert Captivates East-West Once Again

A reflection of the evening's events

by The Eclipse Staff

May 11- East-West teachers Mrs. Gruet, Ms. Minckler and Ms. P. Kim brought another enchanting evening to the East-West community with their annual Spring Concert.

The artwork was beautiful. The performances were spectacular. Many audience members remarked that the most enjoyable event of the show was the grand finale, a dance performance put together by Ms. Gruet's period 4 high school dance class. According to sixth graders Xin Yang and Allen Teng, the grand finale was a combination of "funny, cool and glittery," with a "good song" that was nothing less than "very epic."

Another highlight that shocked audience members was the prom proposal that took place that evening. East-West Senior Main Sen Koo took it upon himself to dance with his friends and immediately afterwards, publicly asked senior Ayesha Saeed if he could take her to prom. (She said yes!) Talk about a romantic proposal!

A parent of an anonymous student said that he "couldn't wait for next year."



Ms. Minckler's sixth grade chorus sang a Japanese song, titled, "Hitori."

Dear **Veiled Dragon**,

I am obsessed with electronic gaming and it is causing problems for me with my parents, teachers and my future. I wish I could stop but it gives me so much pleasure. I don't have many friends at school and playing on the internet makes me feel like I am surrounded by similar thinking and interested kids, like they are my friends and family even if I don't know them. I know that I should stop or at least limit the time I spend on this but once I start, I can't stop. There's a lot of help out there for gambling, drinking, and drugs but where can I find help for my video game addiction? It is hurting me and everyone around me. HELP!



-Sad Gamer

Dear **Sad Gamer**,

I understand how alluring video games can be and how difficult it can be to quit playing. Have you tried giving yourself a reward if you avoid playing games for a certain amount of time? If you can complete other tasks that don't involve electronic gaming you can reward yourself with playing those video games for a certain amount of time. The key is you have to stick to what you say you will do. If you reward yourself with 30 minutes of game time, then you can't exceed that amount of time. It is also beneficial to ask yourself why you are playing so much to begin with. You mentioned that you don't have many friends so these games make you feel like you are part of something. Have you considered finding friends with similar interests to yours? Or talking to others about not feeling you fit in? I bet you will find that this helps to ease the feeling of need that you have to play games to escape reality. And of course, you can tell your parents all the things you are trying to stop. I am sure that will help them to feel like you are moving in the right direction.

- The Veiled Dragon

Do we live in a simulated reality?

Are we real, or just computer programs?

By **ZhiXuan Liu, grade 6**

What if I told you that we live in a computer simulation? Would you believe me? Believe it or not, there are scientists and artists studying this very proposition. Below are a few reasons why and how you and I could be living in a computer simulation.

Let's say that another civilization operates our civilization and that we are just slaves of this simulation. If that ruling civilization were to go extinct, we would never know it because our science would not stretch far enough back into the world outside our simulated world. Further, if the entire known universe runs inside a simulation, then that would require a lot of computing power to run that big of a program. Let's say that the universe is born by a simulation and it has evolved, which is like running an intense video game on a old computer, then the simulation of the video game would eventually be lagging. As we become more complicated and advanced. The point at which the computer could not handle the evolving video game, we would reach GAME OVER

and our world as we know it, would end.

It's important to keep in mind that the organisms that are ruling or operating our simulation don't want us to know that we are being ruled. So it is quite possible we are being controlled by another group of beings.

Lastly, simulation theories propose the Computational Theory of the Mind, which suggests that consciousness is information processing and nothing more. If this is true, then the human brain could be simulated.

Those that do not believe in simulation theory argue that there is more to the human brain than just information processing, and therefore the brain cannot be simulated. As we continue to live in an age when technology rules the world, we must ask ourselves if the roles ever reverse- do we control technology or does it enslave us? And if it does enslave us, who is the enslaver?

Be True To You

A rumination on what a "right" choice really means

By **Tiffany Jiang, Grade 7**

Decisions. I'm not sure about you but, I am constantly reminded to make the right choices. This includes choices about how to do homework, what schools to go to, and many more important student decisions.

Some choices are easy to make. Others don't have a clear right or wrong answer. So then, what is making the right choice? This question usually comes when I am being scolded or judged by my parents or peers for making a choice that didn't seem "right" to them. Making the right choice is a matter a fact as equal as making the "wrong" choice. These choices have a fifty percent chance of happening in reality, but people judge towards making a "good" or "bad" decision. The world is like a math problem or equation, as much as I don't like math in this world there is no wrong or right answer. However what differs is your perspective of what is wrong or what is

right. Everyone in the world has different opinions of what they think is the best choice in a given situation.

You, know you tion the re- to you, ple in- Mak- compli- awhile

"Everyone in the world has different opinions of what they think is the best choice in a given situation."

and plan the details of your solution.

The choices that you make influence your future so don't let anybody discourage or tell you what the "better" decision is, unless it is in your future plan.

Choose a pathway that will lead you to success and happiness. As long as you end up with those two things, then you have made the *right* choice.

yourself have to what is best for based on the situa- presented to you, sources available and the other peo- volved. ing decisions is cated. It takes to think through

Next Stop: Hong Kong

Looking to travel this summer? If you have the time and the cash, consider Hong Kong

By Christina Wong, Grade 6

Hong Kong is like a lot of big cities. It's diverse. It's always changing, and life moves fast. Despite the fast-paced ever-changing atmosphere, there are many wonderful, permanent places to visit in Hong Kong. Places such as Ocean Park, Disneyland, The Hong Kong Museum of History, and Hong Kong Museum of Science.

Ocean Park is an amusement park with lots of attractions. In addition to tons of games with prizes there is Ocean Theatre. There, you can watch a show with dolphins and other aquatic creatures. If you're interested in going up to the park's summit, you have 3 ways to get there. You can take the cable car, Ocean Express Station, or the escalator. When you're hungry, you can go to places to eat such as Aqua City Bakery, Neptune's Restaurant, Cafe Ocean, Terrace Cafe, and many other places. This park is family friendly and has something for everyone.

Disneyland is another wonderful place for people to visit. If you are looking for stage shows, you should go to Adventureland, Fantasyland, and Tomorrowland. However, if you are interested in other activities, you can go to Liki Tikis, Jungle River cruise and many other places. If you are especially interested in Disney characters, you can go to Fantasyland to meet Aurora, Anna, the Beast, Belle, Cinderella, Elsa, Rapunzel, Snow White, and Sofia the First. You can find Chip and Dale, Daisy, Donald, Goofy, Mickey, Minnie, and Pluto at Main Street. When you are hungry, you can go to Chef Mickey, Crystal Lotus, Dragon



The Museum of Science is extremely modern in design. Visitors can enter a greenhouse exhibit to learn about plant life.

Wind, Walt's Cafe, Royal Banquet Hall and many other places. Just be sure to wear your best Disney outfit as you roam around the many attractions.

Do you love history? The Hong Kong Museum of History is wonderful place. They have many exhibits that date back all the way to prehistoric times and follow the history of Hong Kong through the dynastic period into modern day. You could spend a day there and still not see everything the museum has to offer.

Last but not least is the Hong Kong Museum of Science! The museum is divided into 3 galleries: the Biodiversity Gallery, the Children's Gallery. If you are interested in the natural world or the environment or if you are a parent wishing to build your child's social skills, this museum is for you.

NYC Reads!

Check out this year's middle summer reading list, put together by the best NYC librarians and teachers.

Middle School

Fiction

Bright Lights, Dark Nights

By Stephen Emond
Star-crossed, interracial love in a time when Black Lives Matter. (FIC EMOND) DB, EBK

Goldie Vance (graphic novel)

By Hope Larson; Brittney Williams (Illus.)
Mystery to solve? Goldie Vance is the right sleuth for the job! (FIC LARSON)

Greenglass House

By Kate Milford; Jaime Zollars (Illus.)
Milo's plans for the winter holiday are thwarted when strange guests arrive at his family's inn. (JFIC MILFORD) DB, EBK

The Greatest Zombie Movie Ever

By Jeff Strand
Justin struggles to turn a bad script, dream girl, and no budget into film success. (FIC STRAND)

Not Your Sidekick

By C.B. Lee
Jessica Tran interns for a supervillain, crushes on the mysterious "M", and uncovers a dangerous plot. (FIC LEE) EBK

Power Up (graphic novel)

By Kate Leth; Matt Cummings (Illus.)
Can this team of unlikely heroes save the universe? (FIC LETH)

The Thief

By Megan Whalen Turner
Gen, a talented thief, joins a rival kingdom's hunt for a mythical stone in exchange for his release from prison. (FIC TURNER) BR, EAUD, EBK

Nonfiction

Be a Changemaker

By Laurie Ann Thompson
Learn how to turn your passions into action. (361.2 T) EBK, DB

Brown Girl Dreaming

By Jacqueline Woodson
A lyrical memoir in verse about growing up in the racially charged 1960s. (J B WOODSON B) BR, EAUD, EBK, DB

Primates (graphic novel)

By Jim Ottaviani; Maris Wicks (Illus.)
The true story of three groundbreaking scientists who studied primates as their life's work. (599.8 O)

Surviving Middle School

By Luke Reynolds
Get the lowdown on bullying, peer pressure, grades, parents, and love. (373.18 R)

Middle School Series

Gotham Academy By Becky Cloon;

Jackaby By William Ritter

Princess By Jeremy Whitley

