

# THE ECLIPSE

*Illuminating News by East-West Students*



*The Eclipse, Volume 6, December 2016*

Volume 5

East-West School of International Studies, Flushing, NY 11355

## The Most Colorful Event of the Year

*East-West student government hosts another amazing Color Wars*

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

**SEPTEMBER 29**— It was a cool and cloudy day in Kissena Park. Color Wars was on. Though the senior class left victorious in the high school competition and the seventh grade took home the win for the middle school competition, the event was fun for all student and staff participants.

Color Wars kicked off with the Hula Hoop Race. All students from every grade lined up across the field and held hands. The hula hoop started at one end and made its way down the line, without the students letting go of one another's hands. The sixth and seventh grade teams were neck and neck the entire race!

Other races included the Water Balloon Toss and the Three-Legged Race. Partner skills and communication were very necessary to win these two. "Teamwork and timing was key," said Susan Lin from Grade 11.

For those seeking a bigger risk, there was the Egg & Spoon Race and the Dizzy Bat Race. Those that get dizzy easily or are worried about getting egg yolk on their clothes need not apply.

*Color Wars was fun! The pro was that the games were all very different and engaging and when we weren't playing, we could do our own thing. The con was the weather. The weather was fine at first, but then it got cold really fast. Most people didn't bring blankets and others did not wear many layers of clothing. If you were ever moving, you would still be cold and would easily get a cold. It could have better if Color Wars was on a warmer day or maybe happened earlier. In all, Color Wars was great.*

*—Ashley Xu, Grade 6*

After lunch, perhaps the most famous and intense event hit the field -- Tug-of-War. A surprise staff Tug-of-War between the middle school and high school teachers made for an interesting ending. Junior, Conrad Yeung stated, "We should keep Tug-o-War and add some new events for future years."

The new event this year was "The Running Mat." Ms. Marinos stated, "Every year we try to bring a new, creative, and unifying activity to Color Wars. We especially like changing the final event. In the past, it was typically 1 or 2 students competing, but this year the running mat allowed for more teamwork- which is one of our goals with Color Wars. Each year, student government members spend countless hours researching potential activities, asking their peers for suggestions and comparing those to previous events before we create the final events for the day." The *Eclipse* reached out to students and staff for comments about the event. Analiese Taveras from Grade 10 stated, "Color Wars was like crayons running all over a canvas."



*The senior class strikes a pose for a victory shot after winning 2016 Color Wars.*

**"Color Wars gives an opportunity for kids to get to know each other in a different way, and even a colorful way."**

**~ Mr. Demeo**

Mr. Demeo, stated that Color Wars "gives an opportunity for kids to get to know each other in a different way, even a colorful way." As East-West is a mixture of middle school and high school students, there needs to be events that unite the school. Color Wars provides excellent opportunities for students to get to know one another through a friendly competition. "It is fun to bring everyone together," stated sophomore, Bijan Zavieh. Ms. Pazia Miller also agreed that Color Wars allows students to get to know one another.

*Color Wars was really fun. Most students got to participate in two events. For the rest of the time, we were either cheering or sitting on our blankets playing games. I participated in the Dizzy Bat Race, a competition in which you have to spin, forehead glued to the top of a bat seven times and then you run back and forth. I don't get dizzy very easily so it was fun for me to run back and forth. ~ Anonymous*

# Create Your Style

## A How-To of Reinventing Your Style

By Anonymous Student, Grade 11

**SEPTEMBER 14-** Everyone has their own style. Most of us believe that the way we dress expresses a lot about who they are. At the same time, most people don't really know what kind of fashion they are interested in. Fashion can best be defined as a popular trend, especially in style of dress. Sometimes we wake up in the morning not knowing what to wear. This is not because we don't have style or fashion, but because we don't have enough options. Mostly everyone looks in their closet and asks themselves, what is there to wear? This means it's time to invent a new style; your own style.

For a new style, we need new inspiration. **The very first step is to clear away all old clothes and start fresh.** Get rid of clothes you know for sure you will never wear again. Starting fresh might give you new inspiration that you might like.

**Second, as time and money permits, add something new to your everyday outfit. It can be something small or something big.** Pretty soon, your new style will be apparent.

**Third, become inspired by your surroundings—friends and celebrities that you think know how to dress.** Also understand your own personality, interest, likes and dislikes. What do you want people to look at you as? An artist? Athlete? A rocker? Mix and match styles, and colors. Going shopping can bring inspiration. Wearing expensive clothes does not make you fancy, and having confidence in what you wear, no matter what the brand, makes you strong and outgoing. According to most fashion sites, you should not be shy of what you wear. Be proud to show it off.

## A Second Chance for Celebrities

*Celebrities fake their deaths to bring new opportunities*

By Analise Taveras, Grade 11

Acclaimed actor and heartthrob, Heath Ledger known to many as “The Joker” from the film *The Dark Knight* was reported dead on January 22, 2008. He supposedly died of cardiac arrest in New York City.

Eight months later, after his supposed death, reporters said that it was his stunt double who played him to help fake his death and that Ledger was actually alive.

Some have stated the reason why “The Joker” wanted to fake his death is because “he’s been acting for 15 years and wanted to get out from stage acting.” People have said this is due to the fact that when you’re famous there is no such thing as personal space or privacy. Once you sign the contract for a big movie deal, you throw away your private time.

According to news sites, Heath Ledger’s casket was closed during his funeral so no one actually got to see his corpse. There was no specific details on his death but “his overuse of drugs” thus making things pretty fishy.



Jialu Shou, an East-West senior reported, “There are many people and trends we can admire, but what inspires me to look different and have my personality is Zara.” She also said, “Zara is the one online store that I shop at very often because the design and style is what I like most, and it shows who I am. Also I would usually go on Zara and look at more clothes to find new inspiration in fashion.” At times she can be in hip pop style, but also at times she likes to mix match black and white.

Research shows that most people focus on their body proportion. We are scared to wear clothes that we like because of our weight or size, and because we don't have enough confidence. According to most fashion websites, more people talk about their weight and size and how that makes it hard for them to be fashionable. The more you have in yourself, the more inspirations you can see. **Create a scrap book of photos of styles you like. Next time you want a new look, consult the book for inspiration. In fashion, size does not matter.**

More than anything else, fashion is about change and transformation. So what's in your closet?



**Have an interest you wish to explore? Why not write about it?**

**Email *The Eclipse* at [theeclipse@ewsis.org](mailto:theeclipse@ewsis.org)**



# The Dedication Disadvantage

*Teachers and students around the world struggle to balance work and personal time.*

By Susan Lin, Grade 11

Students and teachers find their need for personal time and their obligation to do schoolwork to be in competition. Though some can find a balance, many cannot. Balancing work and home is the most challenging thing someone can face. Dedication to work can tip the scale and bring stress upon a person every day. Teachers work hard to create homework, classwork and exams that ready students for life after graduation. Unfortunately, being dedicated also means not having free time. “It is very important for teachers to

**I have to actively remind myself to relax and focus on being present on vacation so that I can be my best self when I am teaching,” says LaToya Patterson, English and Special Education teacher at East-West.**

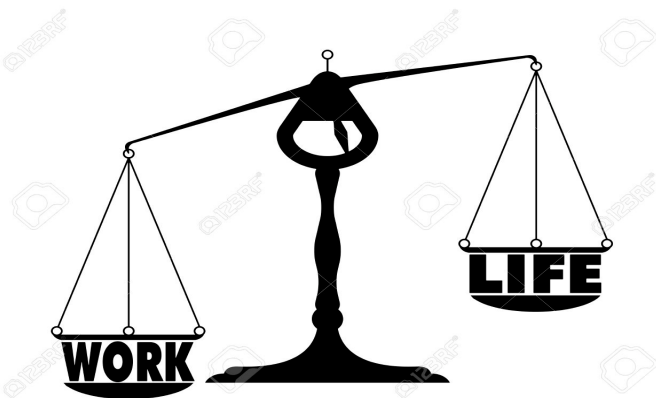
do some work at home so that their day at school is more efficient,” says James Pierini, Social Studies teacher at East-West. “Now, I spend 2-3 hours on Saturday and Sundays doing everything I need to for the week.”

When work is finished, teachers go home and start their after-school life. Many teachers are parents. “I usually work after everyone is in their bed which leaves a short amount of time to sleep at night,” says Kate Kim, Korean teacher at East-West. She has two

boys to take care of on top of her school work. Most teachers that don’t get their work done at school, leave it to do at home. This cuts their personal time in half.

“When I go home, I would usually eat my lunch then start homework right away. If there is a test or quiz, I would study for it,” says Shuyi Gao, eleventh grade East-West student. Students work hard at school to meet their parents’ expectations. Doing homework, studying for tests, etc. is all part of the routine. Saturday and Sunday can be used for this purpose as well. The days students do not have to go to school are used to study and do homework. This leaves little room for a personal life.

So what kinds of solutions exist to correct this imbalance? “I have to actively remind myself to relax and focus on being present on vacation so that I can be my best self when I am teaching,” says LaToya Patterson, an English/ Special Education teacher at East-West. She loves her job as a teacher but vacations are needed. Vacations are used as a little break from school. When they come back, they are ready to conquer the school. Balancing school and personal life may seem



hard but if given a short break, anything can be overcome.

Having a career is an important part of life. However, careers should not consume life. Remember to strike a balance between work and home life. In the words of Hillary Rodham Clinton, “Don’t confuse having a career with having a life.”

## A Rundown of the Bombing In NYC

*Eclipse reporters share the facts of this past autumn’s bombing*

By Michelle Xu and Evina Chen, Grade 7

**SEPTEMBER 17-19** — A series of bombings occurring in the NYC Metropolitan Area left many wondering what to expect next. The events of the bombings are as follows: First, on the morning of September 17, a bomb exploded in Seaside Park, New Jersey during a charity 5-kilometer run. Shortly after that, another bomb exploded in a trash can, also in Seaside Park. Other bombs were found after the 5K race, nearby.

Later on that same day, a pressure cooker bomb loaded with bits of shrapnel exploded in Manhattan on West 23rd Street, between 6th and 7th Avenue. Thirty-one people were injured. The bomb was strong enough to shatter third floor win-

dows. Officers first believed that it was a ‘small’ pipe explosion and hadn’t thought much of it. Soon after, another undetonated bomb was found in the same neighborhood in Manhattan.

The following morning, in Elizabeth, New Jersey, bomb parts were found atop a trash can at Elizabeth Train Station.

By September 19, after some careful investigation, the FBI had linked all detonated and undetonated bombs to Afghan American, Ahmad Khan Rahimi, Fingerprinting and DNA tests revealed that he was the creator of all the bombs. He purchased the bombs’ ingredients on eBay, and made the bomb himself from household ingredients.

While recovering from the gunshot wounds after being tracked down by police, Rahimi denied that he was guilty of the explosions. Rahimi pleaded not guilty in the hospital. Court dates for Rahimi’s federal prosecution are scheduled for December 19, 2016 and January 21, 2017, but a trial date has not been set yet.

# Grace Talks

## About Bento 弁当

*A close look at a Japanese staple*  
by Grace Mahoney, Grade 12

Have you ever seen anime where the main character is talking about important plot details on the rooftop, while eating a delicious-looking lunch? Or have you ever watched a tardy school girl with a slice of toast in her mouth, while her mother is handing her a lunch box wrapped in cloth? In Japan, the bento culture is very traditional and very prominent. You can find bento boxes everywhere in Japan and around the world; there are homemade boxes from your family's kitchen to a pre-made boxes found in convenience stores.

The history of bento begins centuries ago, in the Kamakura Period (1185-1333) when people brought dried rice, hoshi-ii, to boil for lunch. It was during the Edo Period (1603-1867) that bento became more refined and people began to pack *onigiri* in bamboo boxes and eat them during events and theater intermissions. The first *ekiben*, or train station bento, was sold during the Meiji Period (1868-1912). However, the bento culture experienced a decline during the Taishō period (1912-1926). Due to the gaps in social classes (and some crop failures) the quality of a student's bento reflected their wealth, causing embarrassment and shame if you were in the poorer class. Thus, after World War II, the practice of bringing bento to school gradually declined and uniform lunches became custom. It was thanks to handy kitchen technology and the availability of convenience stores that the bento regained popularity in the 1980s'.

Bentos can now be eaten in inexpensive, disposable containers, but homemade bentos are now a common sight in Japanese schools and also at family events. Any kind of food can go into a bento box lunch, from freshly-made *onigiri* to last night's pasta leftovers, but to truly make a bento (from scratch) is an art in itself. Bentos are made to be a healthy, homemade lunch. It's basically a rule that many different colors should be put in the bento for maximum nutrition. *Kyaraben*, or character bento, are very cute bentos where the food is decorated and arranged to look like anime or cartoon characters.

There are even competitions on who can make the tastiest, loveliest-looking bento. Bento boxes are also made in



many different shapes, sizes, colors, and with various functions and qualities. There's stacked boxes with different compartments, single one-compartment lacquer boxes, boxes installed with bowls for soup, boxes made out of wood for a special flavor, boxes decorated with kimono patterns and cartoon characters, etc. To further amp up your bento game, you could also wrap your box in *furoshiki*, a traditional Japanese wrapping cloth that comes in various designs and has many uses. Getting started on making your own bento, especially as an American school student, will be hard work, but it will totally worth it. Between a sketchy American school lunch of questionable ingredients and preservatives and a bento made in your kitchen with your own hands, a nice bento sounds like the better option. It will especially become useful for the adult years, when you'll be living on your own. It's time to take your food into your own hands!

## 你喜欢吃火锅吗?

*The Chinese Culture Club heats things up with their annual hot pot event*

By Anton Homitz, Grade 12

**NOVEMBER 4-** Members of the Chinese Culture Club, under the guidance of Ms. He, hosted another wonderful hot pot feast. The purpose of the event is to spread appreciation of Chinese culture at East-West and also to add an interesting spin to the traditional Thanksgiving feast that happens later in November.

Like Thanksgiving celebrations, hot pot celebrations are meant to bring people together. Chinese Culture Club decided to have a hot pot event that brought the East-West students together, as East-West is our community.

On top of eating delicious food, students practiced their foreign language skills by matching a Chinese word related to hot pot to its English translation. Students still learning English were able to translate Mandarin into English and to assist the hot pot newbies in eating the tasty dish.

If you're looking for a fun winter dish, try hot pot!



Ms. Miller, Mr. Zhang, and Ms. Lee dig in with their chopsticks





# Totally Bananas, Banana Cake!

## (Pastel De Banano)

*Sabor á Mas: Recetas de Cocina*

Researched and translated by Liza Tuyuc, Grade 8

Serves 8-12 people

Ingredients:

- One cup of flour
- One cup of brown sugar
- One cup of butter
- One teaspoon of baking powder
- Two teaspoons of cinnamon extract
- Three large eggs
- Eight bananas

Instructions:

1. Preheat the oven to 350 degrees, line the two cake trays (I recommend a 6-inch) with baking spray/parchment paper or a combination of flour and butter.
2. Whisk together the butter and sugar, until light and well combined. In another bowl, sift your dry ingredients. This is important to avoid any clumps!
3. Mix in your butter and sugar combination to the dry ingredients. After, add the eggs into the mixture (in three batches); make sure that no eggs shells fall in! Then add the cinnamon extract.
4. Mash and mix your bananas in a separate bowl. Try not to leave any large clumps and aim for a fine puree. Add your banana puree to the mixture and mix together once again.  
*Pro Tip: Try to add a portion (a third or a fourth) of the puree into the batter, then mix. Repeat until you mixed all of the puree into the batter. It'll make mixing a whole lot easier.*
5. Pour your batter into your two cake pans. (Don't worry about having precise halves of batter in each tray. Just eyeball it). Tap the end of your tray onto a flat surface to even out the batter and to get rid of air bubbles. Place the cake in the oven for 30-45 minutes, until golden.  
*Pro Tip: Use the toothpick trick: stick a toothpick into the baked cake and take it out and inspect it. If it comes out clean with no batter, it's ready to take out!*

Decorating:

What's a cake without decorating? This cake will be in a "naked cake" style with fruits instead of sugary frosting.



1. Level the cake. Use a knife (or a cake leveler) to slice off the top of the cake (try to make it as flat as possible). You don't need the leftovers, but they sure are yummy! Brush off some of the crumbs.
2. Now, add a light layer of frosting (if you're not sure on what flavor to choose, vanilla buttercream is a good start!) on the top on of both cakes. This is a crumb layer. Place cakes in the fridge to chill (10-15 minutes).
3. After, take the cake out, add more frosting and spread around evenly with a spatula or a flat kitchen tool. Then, tread the tool on the cake lightly to simply smooth it all out. Remove excess frosting. Place one cake on top of the other to make a sandwich. If desired, use small or sliced fruit to put in between the cakes. Try not to get frosting on the sides at all.
4. Finally, decorate with fruit! This is where you can get creative! This baker decorated with an array of bananas, strawberries, blueberries and raspberries to give that cake a fruity-feel. Of course, you can add other delicious elements to make your cake, yours! One idea would be to use chocolate (chocolate-banana anyone?) or maybe cream cheese frosting- the possibilities are endless!
5. One more step: Enjoying eating with friends and family!

**Recipe credits: "Sabor á Mas: Recetas de Cocina" by Yolanda De Hernandez**

# Thumb Print Cookies

*Spread holiday thanks with a special cookie*

Researched by Joseph Chai, Grade 7

Materials:

- 1-cup of butter
- 2-cups of all-purpose flour
- ¼ cup of white sugar
- 2-tablespoons of sesame seeds
- 1-teaspoon of almond extract (you could use McCormick® Pure Almond Extract
- ½ teaspoon extract = 1 tablespoon almond liqueur.
- ¾ -cup of any fruit flavor jam of your choice

Steps:

1. Pre-heat the oven to 400 degrees.
2. Mix the butter and sugar together. Add the almond ex-

- tract and the salt. Stir in the flour and mix well.
3. Shape tablespoons full of the dough into walnut-sized balls then roll the balls in sesame seeds to cover completely. Place balls on ungreased cookie sheets and flatten slightly. With your thumb, indent the center of each cookie. Fill indentations with jam or preserves.
  4. Bake at 400 degrees for 10-12 minutes.
  - 5-Remove cookies from sheets and let cool. Store in an air-tight container.



# Not Your Cup of Tea

*Why you should reconsider purchasing a teacup dog*  
By Dennise Casurra, Grade 11

Teacup dogs! These adorable, heart-wrenching, miniature dogs can make any person go *awwww*! Don't you just want to squeeze that little guy in the picture? Okay, maybe that's too much but still looking at them makes you just want to hug them with all your might. The last thing on a person's mind when he/she sees a teacup dog is that they have health problems. And these problems are not as cute as one may think.

Teacup dogs are tiny, which means that their insides are tiny as well. It makes sense to think that if their insides are tiny, then their organs are also proportionally, tiny. The thing about teacup dogs is that they are abnormally small. They therefore, possess genetic abnormalities. Teacup dogs were genetically modified to literally and figuratively fit into the "designer dog breed" category. Designer dog breeds are supposed to be small dogs that produce less allergens and shed less fur. However, according to *terrierblyterrier.com*, health problems of these dogs are not limited to "cleft paws, genetic disorders, liver shunts, hypoglycemia, heart problems, open soft spots on the skull, collapsing tracheas, and seizures."

An anonymous owner reported, "teacup dogs do have health problems; they do need a bit more care but they are just as fun and as loving as other dogs in the shop." Pet shop owners tell prospective buyers to use caution with teacup dogs. Because the dogs are so adorable, pet shop owners report they are still able to sell the teacup dogs, despite mentioning health problems. An owner of a teacup dog had said "I bought a teacup dog that cost me tons of money. The dog is cute, I can say that for sure. Unfortunately I can't do much with this dog. I can play around with



her for a bit and she's a good conversation starter when guests come around. I love her a lot, don't get me wrong but she's more of a dog I can take pictures of than a dog you can do things with."

A normal dog can play fetch and take strolls in the park. Teacup dogs, can take a stroll around... the house? Can teacup dogs play fetch? Not really. And you can forget sleeping in your bed with your dog; teacup dogs will be crushed if they sleep with their owners.

Eleventh grade student, Tenzin Dolkar, stated, "I love the look of teacup dogs. I never knew what kind of health problems they had up until now. I wanted a teacup dog because they are cute to hold and cute dogs to take selfies with. Knowing these health problems, I actually want a normal dog now. I don't know what I can do with these dogs besides taking selfies with them."

Perhaps we need to rethink whether teacup dogs should be sold, at all. In the meantime, if you are in the market for a new dog, look for the ones that can do more than strike an adorable pose in a picture.

---

# What Happened To Manners?

*An overview on proper etiquette in America and some comments from East-West community members*

By Christina Wong, Grade 6

What happened to the manners in schools? If doors are slamming in your face, or you are hearing curse words in the halls, or you are being pushed or shoved during hallway passing, you are dealing with rudeness.

According to a study conducted by *USATODAY*, the source of all this rudeness is parents and social media. Even though it doesn't seem likely that parents are being rude, parents have been rude before and some parents are still being rude. According to *USATODAY*, 37% of 1,001 adults questioned in August 22-23 said they had to use a swear word while they were in the public. Also, *USATO-*

*DAY* states, "in the AP-Ipsos poll, 38% [of that group] said they have asked someone to stop behaving rudely."

Mr. Ganpat, Social Studies teacher at East-West, stated that "good manners include people saying please and thank you and being respectful to others even when you're having a bad day." He says people have been rude to him before by "commenting how he looks and his actions." However, Mr. Ganpat believes that the "the majority of the East-West students have good manners." Sixth grade student, Xin Yang, considers "responding to a question when asked," as part of good manners. She believes that the "majority of East-West students have good manners." Here at East-West, we say "thank you" for the lovely compliment.

---

# The Man without Compassion

*A creative writing verse about justice*  
By Axyl Fredrick, Grade 6

It was a bright and sunny day. The sun was high in the sky, and the birds were singing a tune, I oddly remember. It seemed like nothing could go wrong, but I was wrong. I went to bed at the end of that day, but I didn't know about the price I would pay. Awakened by a footstep, 6:00 am sharp. I saw a man hooded all around, wearing black. He took a wallet, sitting down so still. I don't know why he'd want all of those bills.

As everyone else woke up, I saw a van, it said "FREE CANDY". It looked like someone I knew so true, from

kindergarten. It was that sixth grade guy who poked my eye.

Could he not see the error of his ways? He kept luring children, then drove away, leaving the parents a price to pay. Knowing I was once kidnapped, but my wits (and God's faith) helped me escape, I followed that man, a hero like Superman. Finally, I save the children, but I thought I was sent to jail (for breaking in, that is.)

It turns out I prevailed, and finally he was sent to jail, fair and square instead. Only for a year, because he was young. He was 20 years, I thought he knew better! It should have been harsher, with all of those crimes he has done. Life's unfair.



# Midnight Spotlight with Ayesha

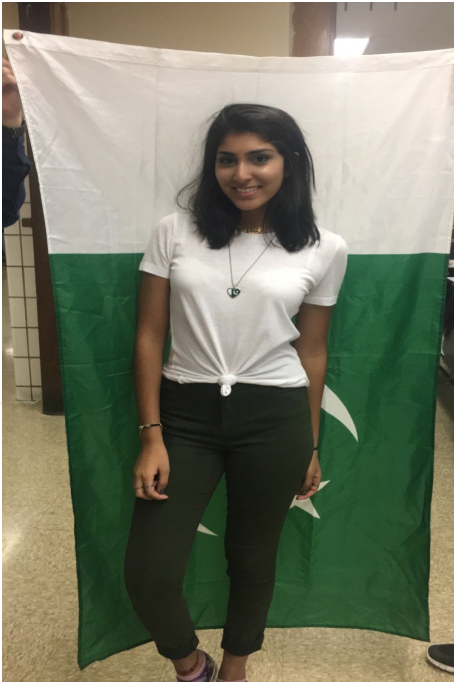
*The Eclipse highlights the life of a model student*

By Wena Teng, Grade 8

*Midnight Spotlight* is a column in which *The Eclipse* highlights the accomplishments of unique community members of East-West. A senior here at East-West, Ayesha Saeed is the Secretary of Student Government and a role model for all students. In addition to being the Secretary, she also works as a Teacher’s Assistant for Hodori. She loves working with kids and showing that you can still be a good student while having fun. Ayesha has been at East-West since sixth grade, so she has lots of good memories here. One of her favorite events at East-West is Color Wars. She felt that this past Color Wars event of 2016 showed that her “grade really came together as well that day. Uniting together we were able to be victorious!” Teamwork wins every time!

Ayesha is one of the most respected seniors at East-West and “wants people to remember that EWSIS might be a small school but coming here brings a mass of big opportunities; it's up to us to take advantage of what EWSIS has to offer.” Hear that EWSIS? Ayesha says stay here.

Being a great role model to the younger kids also its benefits. Ayesha’s role model is Malala Yousafzai. Ayesha loves her inspiring story because she empowered women, especially concerning their right to an education. Something you may not know about Ayesha is in addition to being a nerd, she also is a theater worm! She has enjoyed acting from a young age. Thank you Ayesha for being part of the *Midnight Spotlight*!



## Thanksgiving 101

*Facts, recipes, and traditions*

By Annie Dong, Grade 6

Thanksgiving Day is celebrated primarily in Canada and the United States. It's a day to give thanks for the blessings of the previous year as well as the harvest. Thanksgiving was traditionally a religious and cultural celebration, but today is celebrated by many people in Canada and the U.S. regardless of beliefs or culture origins because it is primarily about feeling thankful for what you have. The only ones likely to not enjoy a Thanksgiving feast today would be the turkeys. Ceremonies to give thanks are common in almost all religions so many can get behind a Thanksgiving celebration.

### Facts About Turkeys

- ◆ 91% of Americans eat turkey on Thanksgiving.
- ◆ 50% of Americans put stuffing inside the turkey.
- ◆ About 280 million turkeys are sold for Thanksgiving celebrations.
- ◆ The “wishbone” of the turkey is used in a good luck ritual.
- ◆ Turkeys were one of the first animals to be domesticated.
- ◆ Turkeys can have heart attacks.
- ◆ Benjamin Franklin wanted the national bird to be a turkey.
- ◆ Turkeys have a tail that is considered a delicacy in many countries. The turkey tail is very fatty and a single one can have 200 calories depending on size (almost all from fat)depending on size.
- ◆ There are an estimated about 10 million wild turkeys in America in every state except Alaska and Hawaii.



### Thanksgiving Latke Recipe

**Description:** Latkes are shallow fried pancakes of grated or ground potato, flour, egg, often flavored with grated garlic or onion and seasoning. Latkes may be topped with a variety of condiments, ranging from savory toppings (such as sour cream or cottage cheese) to sweet toppings (such as applesauce or sugar) or they may be left ungarnished.

#### Ingredients:

- ◆ Two cups peeled and shredded potatoes
- ◆ Three eggs beaten
- ◆ One tablespoon grated onion
- ◆ One and one half teaspoon salt
- ◆ Two tablespoons all-purpose flour
- ◆ One half cup peanut oil for frying



#### Directions:

- Step 1: Place the potatoes in a cheesecloth and wring, extracting as much moisture as possible.
- Step 2: In a medium bowl stir the potatoes, onions, eggs, flour, and salt together.
- Step 3: In a large heavy-bottomed skillet over medium high heat, heat the oil until hot.
- Step 4: Place large spoonfuls of the potato mixture into the hot oil, pressing down on them to form one fourth to one half inch thick patties.
- Step 5: Brown on one side, and then turn and brown on the other.
- Step 6: Let drain on paper towels. Serve hot!

# THE ELECTION 2016

Information and data compiled by J.C. (Grade 7) and Wena Teng (Grade 8)

## Hillary Rodham Clinton

- Hillary Clinton was the candidate for President, nominated by the Democratic party.
- She held such jobs as Secretary of State, Senator of New York, and First Lady of the White House.
- She has degrees from Wellesley College and Yale Law School. She has a background in law and public service.
- She is said to have broken federal law by mishandling classified (secret) information. She used her personal email account to access classified information instead of using her protected account that the government monitored.
- In her speeches, she promised to cut taxes for the middle class and also to create jobs relating to clean energy industries.
- She believes in universal background checks for gun-users.
- She wants to create more paths to citizen for immigrants.

## Donald John Trump

- Donald Trump was the candidate for President, nominated by the Republican party.
- He is recognized for his real estate ventures, and his creation of The Trump Organization. He is also famous for his appearance on the reality TV show, *The Apprentice*.
- He has a bachelor's degree in business from the Wharton School of Business at the University of Pennsylvania.
- He believes there is a problem with the amount and kind of illegal immigrants in the United States. He proposes to build a wall across America's southern border to deal with illegal immigrants coming from Mexico and Central America.
- He has proposed a temporary ban on all immigrants from countries with a history of terrorism.
- He does not believe we have a gun problem. He believes we have a mental illness problem.

## Who did you vote for and who won?

"My name is Asra Shoaib. I am in the sixth grade. When I woke up my mom said "Donald Trump is our new president." I thought she was lying until I turned on the TV and saw that the winner was Donald Trump. On social media I saw millions of people were crying. If people are crying then why did he become president? He clearly has no brain about how to make the world a better place and when I asked most of my friends, they said they feel like Donald Trump is going to bring war. Others said maybe America would be a better place. They didn't know. Maybe it will be okay. We just need hope."



"I am very afraid as to what he is going to change as he is in there. I have a friend with illegal parents, but she is legal. America is a place of mixed culture, and Trump is taking that diversity and sending it to other countries. He is ruining one of the widely-known things about America. We are free here, but it does not seem like that anymore. He is going to bankrupt America if he lowers all people's taxes. He is included in the lowering taxes for all because he wants lower taxes for himself as well as have middle class people pay less. Crossing fingers, I will get to stay in East-West without change in the Common Core."

—Anonymous

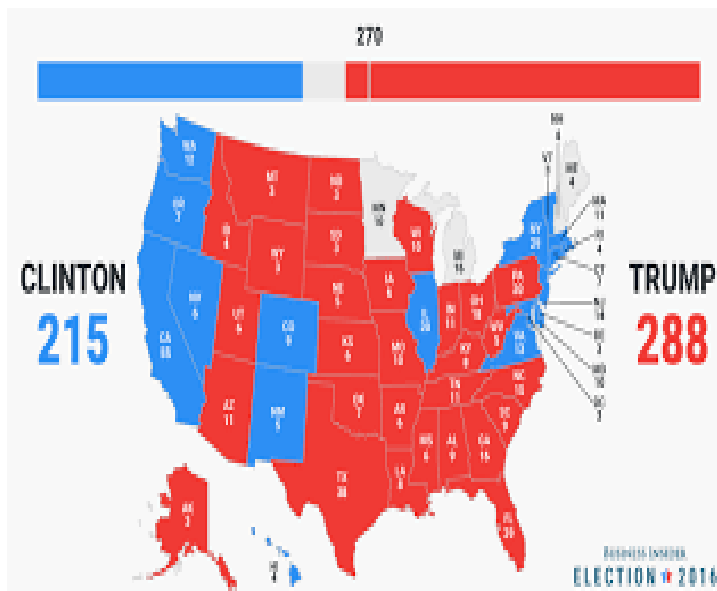
"Maybe Donald Trump might do good things and bad things. Who knows? After I heard the news that he congratulated Hillary for trying really hard, I thought it was a nice thing to do to congratulate Hillary. He is a sexist and a racist but, lets see how he will lead America to the right path. It's like my grandma says, we have to see what changes and if he will keep his promises." —Anonymous

"I have a deep feeling of sadness and betrayal. I fear the future and the well-being of my family and people who embody 'otherness'. I feel like I have lost my home and the wind has been knocked out of me." —

Anonymous

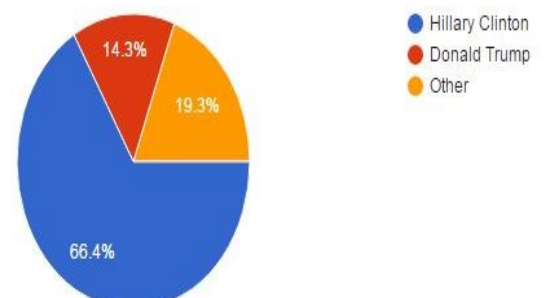
"Trump's campaign was a dumpster fire. This dumpster fire lost the popular vote but still became president-elect through a system that was originally created to protect slave owners. Now his presidential transition is a dumpster fire. The electoral college electors should do the right thing and put this dumpster fire out before it spreads across our nation and the world. Electors, honor the popular vote, put Hillary in office." —Anonymous

## United States 2016 Election Results



## East-West Mock Election Results

Which candidate should be our next president? (301 responses)





宁為太平犬，莫做亂离人

A Statement about the 2016 Election Results from Mr. Sherman

By Principal Ben Sherman

In China, there is an expression which translates as “May you live in interesting times.” It is actually a curse. We have lived the last eight years with President Obama, American’s first black president, leading our great country. He has helped to pull our country out of the worst economic crisis since the Great Depression, has raised awareness of global warming, passed a national healthcare plan, lowered tensions with Iran, re-started diplomatic relations with Cuba, and generally made our lives better. My life is good and I am happy.

However, not everyone feels this way. New York City is not representative of our country. America is a very large nation and more than half of our citizens lives have not improved the way mine has. Globalization has meant cheap prices for consumer goods like large flat screen TVs, furniture, clothing, computers, cell phones, and cars. As Wal-Mart, Costco, BJ’s, Best Buy, and Target stores have proliferated and internet shopping has blossomed, the small towns and cities have seen their factories close, their stores on Main Street go out of business, and their residents lose their jobs. And our government has done little to nothing for its own citizens.

We have just spent years fighting not one, but two wars in Iraq and Afghanistan. Our soldiers who volunteered to serve were lied to; there were no weapons of mass destruction in Iraq. We destabilized Iraq, Libya, Afghanistan, Yemen, and Syria. This helped to create a large movement

of refugees into Europe. And when our soldiers returned home, they received shoddy long term medical care. This has caused an entire generation of military families to distrust the government.

The price of internet and cellular bandwidth has plummeted. Ordinary people are now able to purchase inexpensive cell phones, TVs, and downloadable apps costing only a dollar on average. These two trends have fostered the rise of new media like Facebook, Twitter, YouTube, Instagram, and cable TV. People no longer get their news from traditional newspapers. They rely on their phones or their TVs for news from free sites. These sources are unvetted by professional fact-checkers. They contain gossip, rumors, and lies. They allow hate groups who have long been relegated to the fringes, to dish out the mainstream news.

People like simple solutions. They would rather hear that an illegal immigrant is causing crime or is the reason they cannot find a job than a more complex but truthful answer that they got what they wanted: cheap goods. So I am not surprised by the rise of President-elect Trump. By ignoring our unemployed citizens, our military families, and the woes of our people living outside of the prosperous cities, we have gotten what we deserved: an outsider president who is going to really shake things up for the next 4-8 years. “May you live in interesting times.”

Dear Veiled Dragon,

I have a problem. I’m making plans for high school and I really love the school that am I presently attending. My parents want me to attend a specialized high school and I don’t want to do that. I like where I am, the friends and the sense of community. Statistics show that students in a 6-12 school do better in 9th grade if they continue at the same school. I am beginning to see that it is all about my parents being able to brag about how smart I am, but I am the one that will have to go and do the work. How can I explain to them that their vanity should not come at the expense of my happiness?

Sincerely,  
Stuck Student

Dear Stuck Student,

I think you should be honest and tell your parents how you feel. You should explain that you want to stay in the school you’re currently in because you enjoy it there. Know that your parents mean well by wanting to send you to a specialized high school. Speak to your parents about the benefits of the school you are in- tell them all you do there, especially about all the clubs and activities you are involved in. Explain to them how much it means to you to stay.

Sincerely,  
The Veiled Dragon



A Tribute to the Teachers of East-West

By Mr. Bowen

Put away your sorrows, sadness, shame and worries.  
This is how we get down at East West School of International Studies.

Keep, the pencil pushing, keep, the pen turnin'.  
Gotsta, give propsta, principal Ben Sherman.  
Keepin' them learnin' doin' and not tryin'.  
Long time I spent rhymin' peace to Kent Kleinman.  
Scholars makin dollars, honors, without a promise.  
Connor, Chan Beekee, Ahmed, Nina Thomas make a fat salary,  
peace to Jack Chowdhury.  
Keep, the flavor that you're savorin'  
Peace to the sweet, Candy Braverman.  
Jacobson, Gorry, Gruet, Pham, Silaco, Sand~oval, Rahman.  
Sam, Oppenheim, on time, Abraham.  
Markinson, Marinos, on time, Abraham.  
Markinson, Marinos, Manuel, Miller, Miller, McLaughlin, Minkler, I think the, list, just got iller!  
Peace to the super duper, chess trooper, Ms. Rupert.  
More names for ya, get ready, to rock steady.  
Lee, Lee, Lee, Leone, Leva, Sue Hu, Nicodemi.  
We tell the students, to be wise, with the words they're usin'.  
Theur choice, they're choosin', they're losin', can't blame Amy Matthusen.  
Schoolin' them, skillin' them, educating and buildin' them.  
What a team, Screen, Chang, Chang and Williamson.  
Every teacher is a hero!  
Isn't that right, Cordero?  
Shnall, Seide, Tearnay, Rengeefo Fearson, Demeo.  
Dinklelacker, Diaz, Deheil, what's the deal, what you say yo?  
Always shinnin' like new shoes.  
Cu ~ Licerto, Corbin, Crews cruise.  
Chessnut, Cheng, David Cai, Polly Chea.  
Kalla, Kim, Kim, Kirk, Kramer, Coffay, Ms. He.  
Patterson, Pecherski, Park, pieces of the po~em.  
Binaso what you knowin', Bryan, keeps it goin'.  
Larocca, Hurd, keeps the word flowin'.  
Rhi, and add on me, Mr. Bowen.

# Hurricane Matthew Took Its Toll

*A brief summary of the storm*

By Tiffany Jiang, Grade 7

**OCTOBER 10-** At its height, Hurricane Matthew reached wind speeds of 160 miles per hour, ripping up the East coast of the United States, claiming its name as the first Category 5 Atlantic hurricane in 8 years.

To say that lives were greatly affected is a severe understatement. Once the storm set in, more than 800,000 people lost power, and worse, over two million people were displaced and forced to seek shelter. Residents of northern Florida were especially affected. Though many were resistant to leave, safety had to come before anything else.

Within Florida, one woman died of a heart attack because the ambulance she called could not get to her on time because of the high winds and dangerous driving conditions. Another two women died from a tree falling on their garage due to strong winds and rains that soak up soil overflowing it.



A North Carolina rescue guard is assisting with high water rescues in Fayetteville, NC.

In the Carolinas, an additional 600,000 people lost power after Hurricane Matthew arrived. Another two deaths due to flooding occurred in Virginia. It was a devastating storm for all.

## Do You Like Music?

*An Interview with Mr. Pierini's Music Club*

By Michelle Xu, Grade 7

There is a new club at East-West this year: Music Club! During music club, students talk about their favorite songs and genres. Mr. Pierini began this club to encourage more students to listen to music.

Here's an interview with Mr. Pierini:

**Why did you choose to start this club?**

I love talking about and listening to music. Students also like talking and listening to music, so I thought, why not make a club so we can do it together? Hopefully this will inspire others to listen and talk about music too.

**What do you do in music club?**

Some of the things we do are create playlists to share with the school. We also do some presentations during Muster. We might even go to some concerts in the future.

**Why do you like music?**

Music is life and I listen to music for many different reasons. Sometimes it makes us happy, or it motivates you. Sometimes it's comforting. The thing I like most about it is that it's universal and there are many different types of music. Please join Music Club!



**"Black Hue"**  
A Poem By Corinthia Aiken, Grade 12  
Ignorant, Ill-mannered, Loud, Obnoxious,  
Ghetto, Uneducated  
But a short list of what society has dictated  
I be  
But don't you see  
I am better than you will ever know  
If you'll just let me grow and glow  
Don't judge me based on the pigmentation  
of my skin  
Let me rise and fly and begin  
The journey toward my vision  
Allow me to break free from the chains of  
oppression  
Break free from the chains of racism and  
stereotypes  
Allow me to strive for the life I was prom-  
ised in the Bill of Rights  
Why do you try to hold me down with your  
lies  
When I'm still struggling to get back up to  
the skies  
Under the oppression of society's racial  
profiling  
I feel like I'm dying  
You won't stop trying to destroy me  
Because you resent my ethnicity  
Has it never occurred to you  
I deserve better than you say I do  
All you see is the color of my skin  
Not the person within  
I kicked and punched and screamed

And fought for what I dreamed  
I stood my ground  
And refused to be bound  
My mind was set  
I would not fret  
I could do anything  
Be something  
Then your thoughts became my thoughts  
I was finally caught  
Entangled in your embrace of hate  
My body told me to fight, but my mind  
said it was too late  
I suddenly became nothing, worthless, a  
failure, dreamless  
I was lifeless, sightless and hopeless  
My dream was just that a dream and noth-  
ing to believe in  
Just another fight I could not win  
I was ignorant, loud, obnoxious, ghetto,  
uneducated  
Just as society had dictated  
I was no longer me  
But what society said I should be  
My life was a walking nightmare  
Being lived based on fear  
Everything shadowed by hate  
Was what determined my fate  
I was living the life of a stereotype  
But still refused to fight  
Life was but a trace  
Leaving a bitter aftertaste  
The race I was running wasn't even for me  
But for society

Then I heard someone say  
There's a different way  
I came to understand  
The issue at hand  
You were trying to kill me with your lies  
Because you didn't want to see me rise  
But no matter what you say or do  
I will not succumb to you  
I was once in a defeated state  
Because I listened to your statements of  
hate  
You may try to kill me with your bitter  
twisted lies  
But still like dust I'll rise  
Leaving behind nights of terror and fear  
Entering a daybreak that's wondrously  
clear  
I have walked into the light  
And regained my sight  
I am not dreamless or worthless  
I am not sightless or hopeless  
I am not ignorant or ill-mannered  
I am not standard  
I am educated and sophisticated  
No longer what society has dictated  
Your hate isn't even towards me  
It's just the reaction you have towards my  
ethnicity.





# What Is Your Spirit Animal?

*Do you feel connected to certain animals?*

By Zhen Zhen Tao, Grade 6

There are many beautiful animals in the animal kingdom. The paradise flycatcher is an example of a beautiful bird that exists all around the world. Here is the rundown on the paradise flycatcher and some quotes from East-West students about what they think are beautiful creatures.

Sixth grade student, Christina Wong stated, “I never saw this kind of bird before, but it is beautiful.” Christina’s favorite animal is the black stallion horse. Sixth grade student, Annie Dong, stated “What a beautiful bird. I’ve also never seen this before.” Annie’s favorite animals is a peacock.

Ms. Seide reported that she loves ocelots because of their beautiful fur and eyes.

As for me, I love paradise flycatchers. They are generally small birds. Paradise flycatchers have the widest distribution of any of the monarch flycatchers.

Asian paradise flycatcher birds are native to Asia, but they can be found all over the world. The young males are rufous colored and they have a short tail. These birds are found throughout India and we can find fourteen subspecies of them depending on their color and size.

The African paradise flycatcher is quite a vocal bird, often heard long before it is sighted. Its call seems to vary in different parts of the continent.

In South Africa, it has a raspy, shrill contact and alarm call, but its song

is a very pleasant rippling warble. All paradise flycatcher’s diets consist of insects such as small butterflies, spiders, and more.

To me, they are the most beautiful bird. When they fly, they appear as though they are floating in mid-air.

So what is your spirit animal and why? Perhaps the Paradise Flycatcher is also for you too?



# Bernie Sanders - When the Saints Go Marching In

*A rumination on an influential politician*

By Bruno Cuomo, Grade 12

MAY 26, 2015-- Vermont Senator Bernie Sanders announced his candidacy for president of the United States of America. This was, of course, not before another politician announced the same. Although, it was so strange because both he and she had seemingly preached the same song.

“Today we stand here and say loudly and clearly, ‘Enough is enough, this great nation and its government belong to all of the people and not to a handful of billionaires. Americans have fought their way back from tough economic times, but the deck is still stacked in favor of those at the top.’”

To the extent of my knowledge, which was admittedly small, there were no more than two sides of the debate; a politician either worked to secure power for him or herself and his or her friends, or to spread things around.

I had assumed that Senator Sanders’s Democratic opponent, Hillary Clinton, was on the side of the people. But after hearing the arguments in favor of her nomination and in opposition to the Senator’s, an epiphany struck and forced me to realize that her contradictory wording and misrepresentation of ideas was precise and deliberate. She was on the side of Them, so I took the side of Bernie.

He wanted change; a Sanders cabinet wouldn’t be full of corporate lawyers, but social and economic activists. Even as the similarities between his and my beliefs wavered, ever so slightly, his unrelenting will and passion drove my faith in him further.



Bernie Sanders was not a millionaire, while his opponent and her husband could have possibly bought and sold the world with their wealth. Never did I believe that the Senator’s motives were nothing other than altruistic.

If I were eighteen, I would have voted at the primary. My ballot was cast in spirit.

My heart and my soul stayed with Bernie until the end; even during the duration of his massive delegate trail, I stood by him and his promise for a contested convention.

He was my hero at that time. I believed that he was fighting for people like me.

It was to my surprise that not Hillary, but Bernie forced me to realize that not a single politician sought to truly help the American people. Every single politician had an agenda to further their standings.

Fast forward to July 12, 2016. Bernie Sanders said, “Secretary Clinton has won the Democratic nominating process and I congratulate her for that. She will be the Democratic nominee for president and I intend to do everything I can to make certain she will be the next president of the United States.”

# Middle School Model UN at East-West

*A short examination of the club’s mission*

By Rebecca Xie, Grade 6

Middle School Model UN is a great club to join if you are a middle school student. The goal of the club is to learn about world issues and practice public speaking. By joining Model UN, students strengthen their abilities to speak like diplomats. Students also learn about the major con-

flicts going on today, around the world. Students learn about the various perspectives countries have, regarding these issues.

Club advisor and Math teacher, Daniel Kalla states, "The Model UN discusses important world issues, ranging from global terrorism to health issues like Zika. We focus on understanding these issues from perspectives of different countries and looking for global solutions. We're going to the Museum of Natural History in January to see the ‘Countdown to Zero’ exhibit about eliminating diseases (e.g., smallpox, polio, malaria) worldwide, and we have our conference in March.”

# The Quarterback Stance

## Colin Kaepernick takes a knee during Star Spangled Banner

By Kenyatta Smith, Grade 9

Colin Kaepernick recently decided that he was not going to stand for the National Anthem until justice is served for all people of color. This brave quarterback plays for the San Francisco 49ers making him the first ever NFL player to do this.

In a recent press conference, Kaepernick stated, “I am not going to stand up to show pride in a flag for a country that oppresses black people and people of color.” He also stated, “To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder.”

This powerful statement by Kaepernick, made the media go into an uproar. Many athletes, and people around the world criticized him for his actions. Kaepernick didn’t care though. He still knelt down for all of his games while the national anthem was played. Sadly, his statement could not last long. He was banned from playing in any games during the preseason, but luckily he had many athletes like his own teammate Eric Reid support him.

Kaepernick also influenced NBA players like LeBron James, Chris Paul, Dwayne Wade , and Carmelo Anthony, to speak out about all the horrible things that have been happening to African American males and females in the United States. Currently, he is still protesting despite the constant threats that he receives, the harsh things that the media says about him and his close loss of his NFL contract. He is one tough quarterback because he still managed to keep protesting despite consistent criticism from the public.



## Underwater Ballerinas

What is water ballet?

By Xin Yang, Grade 6

What are the facts about water ballet?

Water ballet is categorized by choreographed movements in the water that must be performed with ease and grace. Imagine running for up to five minutes while performing acrobatics, holding your breath, looking graceful, and having to keep in time to the music? No? That’s synchronized swimming!

What kinds of skills do you need to be a water ballerina?

The sport requires flexibility, agility, precise timing, and the ability to control breathing underwater.

Who started water ballet?

Water ballet first began with Annette Kellerman, a swimmer from Sydney, Australia.

What is another name for water ballet?

Eventually, the sport came to be known as synchronized swimming, or synchro.

What is difficult about water ballet?

In synchronized swimming, athletes must execute difficult movements in water while making them look simple to perform.



## When I say East, you say....?

### Come out to support our varsity basketball team!

DATE	SPORT	VENUE	GAME
01/05 Thu	Basketball Boys Varsity	Frank Sinatra Hs - Gym	322194
01/09 Mon	Basketball Boys Varsity	East-West School Of International Studies - Gym	322201
01/12 Thu	Basketball Boys Varsity	Is 204 - Oliver W. Holmes	322207
01/17 Tue	Basketball Boys Varsity	Long Island City Ymca: Gym	322187
01/19 Thu	Basketball Boys Varsity	East-West School Of International Studies - Gym	322129
01/31 Tue	Basketball Boys Varsity	East-West School Of International Studies - Gym	322132
02/02 Thu	Basketball Boys Varsity	Robert F Kennedy Hs-Gym	322135
02/07 Tue	Basketball Boys Varsity	East-West School Of International Studies - Gym	322138
02/09 Thu	Basketball Boys Varsity	East-West School Of International Studies - Gym	322141