

THE ECLIPSE

Illuminating News by East-West Students



The Eclipse, Volume 5, Spring 2016

The MIDNIGHT SPOTLIGHT with Mr. Sherman

In Honor of East-West's 10-Year Anniversary, MIDNIGHT SPOTLIGHT interviewed our founding principal, Mr. Ben Sherman

By Wena Teng, Grade 7

MIDNIGHT SPOTLIGHT pays special effort to note the accomplishments of our finest teachers and students. In our fifth year running, we have interviewed a number of students and faculty members, highlighting their great contributions to the school. None of this would be possible without the vision of our founding principal, Mr. Sherman.

Mr. Sherman has been a member of a number of school communities, including Stuyvesant High School. Yes, as a student of Stuyvesant, Mr. Sherman enjoyed himself but felt that there was something fundamental missing: family. He wanted to create a school where the students and staff could feel like a family and could talk to each other about anything. That is exactly what he did. In 2006, after getting his proposal approved by the Gates Founda-

tion and the New York City Department of Education, Mr. Sherman opened East-West. Mr. Sherman's experience teaching and living in Asia as well as his love of technology led him to create a school that supported the combined study of technology and Asian languages and culture.



One of Mr. Sherman's best memories at East-West is the Talent Show. He states "It's really nice to see someone succeed at dancing and singing, especially if he/she has trouble in school.."

Something you might not know about Mr. Sherman is that he loves music! He has a vast record collection and three turntables! If you ever pass by his office don't be surprised if you hear music. Feel free to go in and listen!

The Night Market at East-West

EWSIS brought in the Lunar New Year in style thanks to the Chinese Culture Club

By Evina Chen, Grade 6

February 4- The Chinese Culture Club (advised by Ms. He) hosted East-West's first ever, "Night Market." Organizers reported that the event is based on the night market events that happen in China and Korea to celebrate the new year. The Night Market boasted games, dance performances, Chinese and Korean food, prizes, art, and more.

Some of the more popular games included "Lucky Pop," "Sandbag Toss, and "Pie in the Face." All of these games were organized and led by students.

The traditional Chinese ribbon dance, led by Ms. Brain-sky, and performed by the 8th Grade Dance Team was a great hit. (See adjacent picture). Leaps, spins, and simple acrobatics make this a graceful dance with ancient roots.

The Night Market was a hit with staff, students and com-



Traditional Chinese Ribbon Dance

munity members alike.

Thank you Ms. He and all the staff members involved! Happy Year of the Monkey!



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How East-West Pays It Forward

By Michelle Xu, Grade 6

I'm sure you know that *Pay It Forward* is a novel by Catherine Ryan Hyde and also a film starring Haley Joel Osment. But are you aware it is also a movement with ancient roots? Believe it or not, *Pay it Forward* originates in Ancient Greece. The storyline was performed as a play beginning in the year 317 BCE. At that time, it was called *Dyskolos* which translated means, *The Grouch*. Many teachers at East-West have done short units on the book/film including Mr. DeMeo, Ms. Braverman and Ms. Seide. Check out an interview below with Mr. DeMeo to learn more.

What does *Pay It Forward* mean to you?

To me, Pay It Forward, as a unit of study, is like a mini version of a unit on teaching world peace. It's all about people helping each other.

Is *Pay It Forward* a force for good at EWSIS?

It's a very good thing. It teaches respect and kindness for others, even if you don't like a particular person.

Do others show how little things go along way to you?

Yes! One example [is that] students say hello. [They] greet me. They hold doors for me. They remind me of the im-

portant things in life. They surprise me with snacks and kind words.

Do you pay it forward a lot?

Yes! I try to pay it forward as much as I can, in small ways or big ways. [An] example [is] me giving my time to help students. I also like to make tea for students who deserve it.

What do you think of the movie *Pay It Forward*?

[I have] never seen it. But I know the story of Larry Stewart, because we read about him in my ESL class. He gave away about 1.3 million dollars. That's impressive.

Is there anything else you want to tell East-West about this movement?

[I] encourage everyone to commit acts of kindness. We all have a responsibility to make this world a better place.



Battling Depression

Connecting Sadness to Rachel's Challenge
by Paul Seo, Grade 11

We all use the word depressed in our everyday speech. "I'm depressed." "This is depressing." Though it's common to use it, do we truly know what the word means? Many people think that feeling depressed is not having a good day. The textbook definition of depression is severe and prolonged sadness. People that are truly depressed feel hopeless and even numb.

Though we often think of adults when we think of depression, this disease plagues students as well. According to *studentsagainstdespression.org*, an average of 1 in 10 students will experience depression in his/her lifetime.

Thankfully, East-West offers depressed students a lot of support. As a Rachel's Challenge school, stu-

Students who report depressive symptoms

Suicidal thoughts	7%
Unexplained weight changes	12%
Feeling worthless	20%
Insomnia	21%
Diminished pleasure in activities	24%
Persistent depressed mood	24%
Excessive restlessness	25%
Diminished concentration	26%
Excessive lack of energy	34%

"The Happiness Puzzle"

By Linda Fang, Grade 6

Happiness, happiness,
Why can't I get it?
Everyone wants true happiness.
Years of suffering.

People really want happiness.
True freedom and happiness.
We all know that
happiness is not something you can get
For free.

Happiness, happiness,
Why can't you come to me?
How can I get you?
Please tell me.

Be pure. Be free.
Make friends.

Love. Don't hurt others.

This is the way to get happiness.
This is the way to be free.
True happiness comes from the heart.
The soul.

True happiness is always
with you.
It is always
beside you.

It is like God.

Always
watching
over you.



Spring Anyone?

Recipe Research by Joseph Chai, Grade 6

Edible Spring Cupcakes*

Ingredients:

- 3 1/3 cup of all purpose flour
- 2 teaspoons salt
- 1 pound (4 sticks) unsalted butter, softened
- 2 cups sugar
- 1 teaspoon pure vanilla extract
- 9 large eggs, room temperature, lightly beaten
- Basic buttercream
- Fresh edible flowers

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1. Preheat oven to 325 degrees. Line standard muffin tins with paper liners. Whisk together flour and salt.

2. Cream butter and sugar with a mixer until pale and fluffy. Reduce speed to medium, and add vanilla. Add eggs in 4 batches, beating well after each addition. Reduce speed to low, add flour mixture in 4 batches, and beat until completely incorporated.

3. Divide batter among muffin cups, filling each 3/4 full. Tap tins on countertop once to distribute batter evenly. Bake, rotating tins halfway through, until a cake tester inserted in centers comes out clean, about 20 minutes. Transfer tins to wire racks to cool 10 minutes; transfer cupcakes to racks, and let cool. Cupcakes will keep, covered, at room temperature, up to 2 days.

4. Frost cupcakes with a generous layer of buttercream, and top each with a few edible flowers. Serve immediately.

5. Frost cupcakes with a generous layer of buttercream, and top each with a few edible flowers. Serve immediately.



*Visit marthastewart.com for more recipes.

Macarons or Macaroons?

Do you know the difference?

By Grace Mahony, Grade 11

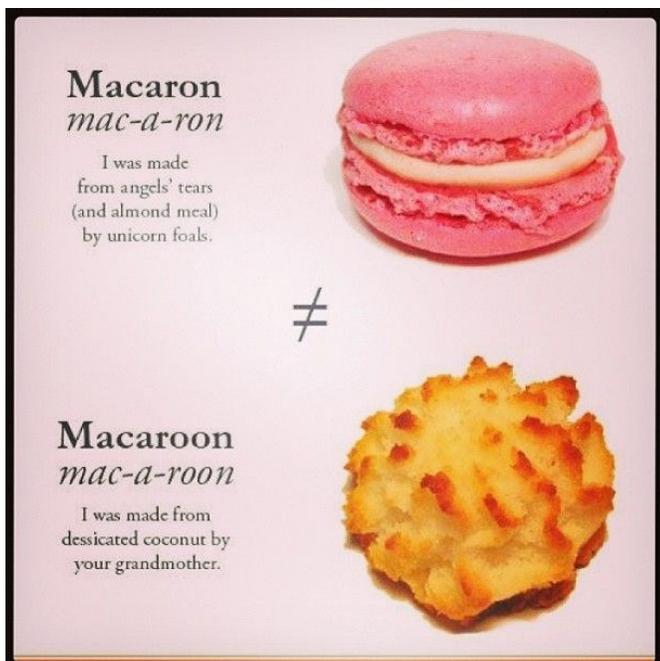
I'm convinced everyone has a sweet tooth. Whether it's baklava or baumkuchen; croquembouche or crepes, there is something for everyone. If you are macaron lover, you may find yourself receiving *macaroons* sometimes instead, as friends and other sweet gift givers confuse the two. Though they are both sweet and delectable, they are very different desserts.

First, the macaron: a French confection that is available in a variety of colors and flavors, from rose to green apple to white truffle. The macaron typically consists of meringue, almond powder, and egg white cookies with buttercream, ganache, or jam filling between them like a sandwich. It's a smooth and classy treat, soft, moist and melts in your mouth. Though they are lovely, they can be quite a challenge to make

in the kitchen. It is said that macarons were first created by members of Venetian monasteries in the 8th century, gaining fame when two nuns (later known as the Macaron Sisters) sold macaron cookies to make money during the French Revolution. Macarons have become a trendy sweet in luxury bakeries around the country. Some noteworthy bakers include Macaron Café with three locations in Manhattan and Bouchon Bakery, also with two locations in Manhattan. Bouchon Bakery has hours of the day when they give out free samples. Check the web for details.

Then, we have the macaroon. Like the macaron, the macaroon is also made with almonds, but also contains coconut (and sometimes potato) and sweetened condensed milk. Macaroons are often flavored with glacé cherries, jams, or chocolate coatings. Macaroons are popular with Jewish people as a Passover treat and quickly spread in popularity with the Jewish communities throughout Europe.

It's easy to understand why the macaron and the macaroon are mixed up all the time. They both have very similar origins and are both basically offshoots of the same idea: a delicious almond and egg treat. Many recipes throughout history have used "macaron" and "macaroon" interchangeably. The spelling of "macaroon" is actually an Anglicization of the French *macaron*. (Like making "balloon" from the French "ballon.") Both pronunciations are *technically* correct, however, many have adopted the French spelling, "macaron," for the English language. It's must easier just to call the colorful cookie one name and the pile of coconut another. Now, the debate is finally over. Enjoy your sweets!



A Spot of Tea?

East-West Seventh Graders Experience American Colonial Life

By Wena Teng, Grade 7

At this point in the year, we have all learned about the American Revolutionary War Era in our American History classes. Though classroom time taught us a lot, a special in-school field trip back in time taught us even more. On January, 29, thanks to the efforts of Ms. Gorry, Mr. Oppenheim, Ms. Rahman, Ms. Cheng, Ms. Binaso, Ms. Seide, Ms. Rhi, Ms. Brainsky and many of the seventh grade parents, East-West seventh graders traveled back in time to participate in a traditional "Revolutionary Era Tea Party," complete with biscuits, tea, colonial music, and costumes. Each student played a revolutionary war figure from history. Many recited poetry about themselves. The event was a great success.

The event began with an interactive bingo game: students asked one another questions to try and guess which historical figure they were pretending to be that day. The costumes and sentiments of the figures were inspired by the research students had done in their Social Studies classes. Also, in ELA classes, students read *Chains* by Laurie Halse Anderson, a book about a slave girl growing up during the Revolutionary War.

After Bingo, the 7th graders had their share of colonial

food. Queen Cakes, Johnny Cakes, English style tea, were all part of the celebration. Below you'll see a recipe for Queen Cakes if you'd like to make them at home. Try them with a cup of tea and you'll begin to see what it's like to live during the Revolutionary War era.

There were many other fun activities like telling ghost stories, and learning how to dance the Virginia Reel, a traditional form of dance popular in Colonial America at that time. Christine Huang of 701 stated, "I think the tea party was fun. It was a great way for people to interact with each other." What better way to learn about a time period than by experiencing it yourself? Would you like to be present at the Boston Tea Party?



Queen Cakes*

Makes 12 small buns
or 8 heart shaped cakes

Dating from the 18th century, these cakes have always been baked in small individual tins, either patty pans or individual heart shaped molds. Sweet and buttery, flavoured with lemon, and stogged full of lovely dried currants

- 125g soft butter (generous half cup)
- 125g caster sugar (2/3 cup)
- 2 large free range eggs
- 150g plain flour (1 1/2 cups)
- 1 tsp baking powder
- the finely grated zest of one un-waxed lemon
- 125g of dried currants (scant cup)
- A splash of milk

Preheat the oven to 180°C/350°F/ gas mark 4. Butter a 12 hole

patty pan, or 8 heart shaped pans. Line the bottoms of the heart tins with baking paper, and the patty pans with paper cases.

Cream the butter and sugar together until light and fluffy. Beat in the eggs, one at a time, eating well after each addition. Beat in the lemon zest. Sift together the flour and baking powder. Stir in the currants. Using a large metal spoon, fold in the flour mixture, along with a splash of milk, to give a gentle dropping consistency. Spoon into the prepared cases, filling each no more than 2/3 full.

Bake in the heated oven for 20 minutes, until well risen and the tops spring back when lightly touched. Allow to cool in the tins for 5 to 10 minutes before removing to a wire rack to cool completely. Dust with icing sugar and serve.

*Recipe excerpted from *TheEnglishKitchenBlogspot.com*

Turning Up Your Grade

Tips For Doing Your Best This Semester

By Wendy Jiang, Grade 6

Getting good grades can seem like a real challenge, especially if school work does not come naturally to you. Here are a few tips and inspirational quotes to help you do your best.. Happy studying!

When in class...

- 1-Take good notes that make sense to you.
- 2-Stay organized. Have a binder with sections or a notebook for a particular subject.
- 3-Ignore distractions from other students.
- 4-Ask questions when you don't understand. Teachers want you to share your misunderstandings.

At home...

- 1-Do your homework. It's like extra practice in understanding something taught in class.
- 2-Look back in your notes to review the day's lessons. Studying for tests won't be as hard.

When you have a test or a quiz...

1-Review beginning a few nights before the assessment. Avoid waiting until the last minute to study.

When you have an essay to write...

- 1-Start with just writing down your ideas on paper. Don't worry about organization
- 2-Go back to it after taking a break and then try to organize your thoughts into clear paragraphs.
- 3-Revise, revise, revise!

And now for some quotes from your classmates at EWSIS:

"Ask questions when you need help. Never be afraid." - Tiffany Jiang, Grade 6

"Know that whenever you need help, there are always great teachers around you that can help you." -Michelle Xu, Grade 6

"Good grades are essential to success, but you have to work very hard for them." -Jivika Singh, Grade 6

"Even if you think you won't do well, look on the bright side and try your best and think you will do great, because you will!" - Wena Teng, Grade 7

A Review of *Graceling*
Identifying with a female heroine
By Michelle Xu, Grade 6

Graceling is a story of fantasy by Kristin Cashore. It is following by a companion book, *Fire* and the sequel, *Bitter Blue*. *Graceling* takes place in what feels like medieval times. The protagonist, Katsa, a very strong and powerful female, must save a young princess and kill an evil king. Katsa is one of the few characters to be graced with special powers. She possesses the ability to kill people, with swords, daggers, knives, or just her bare hands. As the story unfolds she uses her skills to help rather than kill. She discovers that she is actually graced with survival, but is a tal-

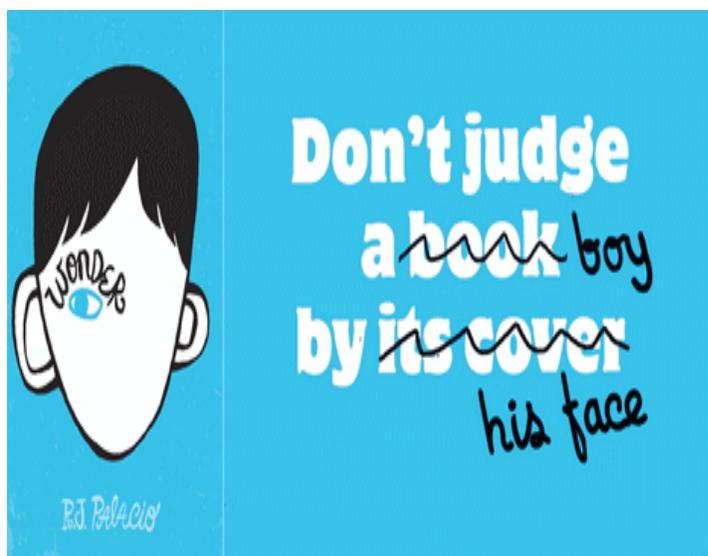
Wonder by: R.J Palacio

A Review of a Moving Story
Reviewed By: Tiffany Jiang, Grade 6

August Pullman was born with a terrible face abnormality that prevented him from going to school with other kids. That is, until Auggie (August) reaches the fifth grade, his homeschooling comes to a close, and he is ready to face the cruelty of this world by going to school with kids his own age! What Auggie didn't realize in the beginning is that he was born to stand out. This funny and incredibly moving story shows how Auggie struggles to find his place as a normal 10-year-old in a judgmental world that sees him only for his deformity. August is very brave to be able to face this world with normal kids who don't understand the hardships of being bullied or putting themselves in the

ented fighter. Her parents died when she was younger, so her uncle provides a shelter for her. Katsa grew up learning how to fight and kill; King Randa, would make her go on various trips to help him kill many people. Many feared Katsa. While on one her trips to help her uncle, she passes a boy named Prince Po. Katsa meets her match as she battles Prince Po. The two become good friends. I would recommend this series of books to others because this book is exciting and portrays a strong, independent female character.

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other peoples shoes. I recommend reading this book because it expresses difficulties of people who never got to fit in with "regular abilities." This book very beautifully shows the perspective of a special boy with a unique life .

Letters to Our Writers

Dear Gabriella Robayo, author of "More Than Just A Cat Call,"

I really enjoyed your article on cat calling and female victims. I can relate to this because when I go to church on Fridays, I usually get home between 10-11PM. Since I live near a lot of bars, there are always drunk men whistling and trying to get the attention of my friends and me. I totally agree with everything that you touched on in your article. Your point that men who catcall women don't care about their age (or much of anything) is completely true. My opinion is that this sort of catcalling, between a young woman and an older man, is in fact a form a unintentional pedophilia. For example, in my case, the men who catcall in my neighborhood are most likely drunk so we can think of this as an unintentional, however unwarranted.

I was surprised when you brought up that a woman had to leave her job because she was constantly being catcalled during her commute to work. Thankfully, I don't get catcalled on a regular basis, so I don't think I will have to convince my parents to move to a different neighborhood. You also brought up in your article that there should be more laws that make catcalling a crime. I totally agree with you because it's kind of like situations in which women are raped. The rapist may say that she was "asking for it" when she really wasn't. As females in general, we don't ask to be constantly looked at in a sexual light. all in all, I thank you for bringing up this situation and spreading it throughout the school because it is very, very real.

Sincerely,
Sasha Youngblood (Grade 9)

Dear Gabriella Robayo,

I really agree with you about how a simple "catcall" is more than just a comment. I feel like women are catcalled constantly almost every single day and it makes us feel unsafe. Regardless of race, age, or marital status, women are unable to avoid these catcalls. Catcalls are not just comments; rather they are a form of harassment.

I recently watched a video titled " 10 Hours of Walking in New York As A Woman." It records over one hundred instances of verbal harassment by men. To avoid this harassment, many women changed their routes, behaviors, transportation or they way they dressed. The government should consider this issue of "catcalling" a violation of women's rights.

As a female walking down the streets alone, I often feel unsafe. I hope that articles like yours and stories like the ones you highlighted show the government that something needs to be done. I saw on the news that a man slashed a woman's throat with a blade when she rejected his request for a date. Catcalls can lead to violence if we don't do something to stop them.

Sincerely,
Karen Cheung, (Grade 9)

The Veiled Dragon: East-West's Advice Columnist

Dear Veiled Dragon,

I have a problem. My brother is a few years older and is always bringing friends to my house when my parents are at work. I don't want to be a snitch but sometimes they do things they're not supposed to and I wind up locking myself in my room in order not to be around that. I feel like my brother is disrespecting our parents and our home. My brother and I used to get along but ever since he started this behavior, I find it hard to talk or even be around him. I know that he is going through "adolescence" according to my research but adolescence or not, doesn't give him permission to be so out of control. Should I tell my parents what is going on behind their backs or try one more time to get through to him? Thanks for help.

Sincerely,
Brother-In-Trouble,

Dear Brother-In-Trouble,

This is a tough situation. I know you're worried about him because he is doing things he is not supposed to do. Have you tried confronting your brother about this? You don't need to snitch on him. You don't want to anger or upset him. Start by asking him how he feels about what he is doing. Then, take it from there. I am sure that just by you talking to him about it, he will see that the whole situation makes you uncomfortable to be around.

Good luck,
The Veiled Dragon

More Letters to Our Writers

Dear Denis Cha, author of "The Future of America":

It's time to think about how we can make America better. After you started to mention that about 36% of the 1416 respondents from the Annenberg Public Policy Center in the University of Pennsylvania can list the three branches of government, I think it's clear we need to start with education.

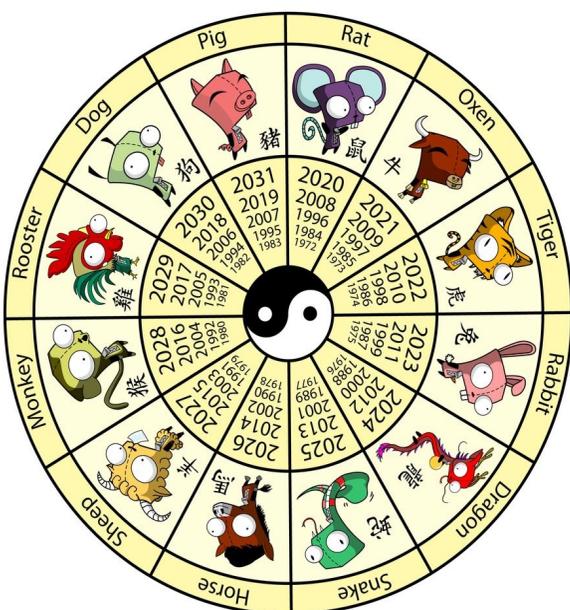
Of course it's important to consider our next president. But even if Donald Trump does win, and he fulfills his promise of "making America great again," we still must face the difficulty of preparing young people for new jobs in technology, engineering, and other budding fields. Our focus for the future should be education, because it is in education that we hold the key to creating a bright future.

Sincerely,
Xiao Zheng, Grade 9

Dear Denis Cha

I generally have no interest in modern politics. After reading your article, I realized how important politics in U.S; we are after all a country with free elections. Unfortunately, we are at a time in politics where a tyrant may rule America. I find that many support Trump because they are simply ignorant. Nearly one third of Americans can't name the three branches of government. Donald Trump is a racist and a trash-talker. We need to exercise our right as citizens now by showing the government that we do not stand for Trump's politics.

Sincerely,
Ze Gao, Grade 9



Happy Year of the Monkey! (猴) !

The lowdown on an ancient zodiac
By Joseph Chai, Grade 6

Monkeys in the Chinese Zodiac are known to be clever, sneaky, and naughty. Most of the sixth graders at East-West are born in the year of the monkey. Monkeys in China are usually portrayed hugging a pink, and green peach. There is a famous legend saying that there was once a monkey that lived in the heavens, but the monkey later on committed a crime, and so the monkey was imprisoned in a rock, and was not released for a very long time. Inside the rock, the monkey meditated and practiced his Kung-fu, and when he was released the monkey became much more powerful, physically, and mentally. The monkey then became the King of the Monkeys. He was invited back to the heavens and brought to a sacred garden that only bared peaches in 500,000 years. The monkey then ate the whole garden full of peaches, which was a great crime in the heavens. The peaches granted the monkey immortality. And this is the reason why Monkeys in China are usually, seen as a small monkey hugging a peach which is larger than the monkey itself. The large peach greater than the monkey, symbolizes the amount of peaches the monkey ate.

The Road to Mars

A Prediction of Earth's Future

A Short Story by Harry Boggiano, Grade 7

The earth was covered in a gray, dead dust created by the trashy, irreversible pollution. Earth trembled as the spaceships overhead passed by, each one packed full to the brim with as many humans as they could carry. The ships were heading to Mars, the government's plan "B" for Earth's lousy situation (Plan "A" failed in 2239, when the classic recycling messages humans used to read finally stopped working).

Piles of trash had formed higher than Mt. Everest in landfills, emitting toxic fumes, and creating a disgusting environment humans lived in for decades already. Trash heaps were filled with unused or unwanted things like plastic water bottles, old bags of chips, and outdated cell phones galore. Remember when they used to use those old things? Now, no one would be caught dead without a 3D-holographic video messenger. The whole planet was a wasteland. A lot like Wall-E, just picture that world, except there are people still there and they are alive. Just picture that.

There were few humans remaining on Earth, and people were leaving for Mars by the minute.

"T-there's nothing left," said Mike through his gas mask.

"Even the babies, have gas masks now," said Andrea, pausing to breathe.

"That's INSANE!" Kyle screamed, shattering some glass panes nearby.

"OH. MY. GOD!" Mike snapped. "CAN YOU BE ANY LOUDER?!"

"STOP IT, MIKE!" Kyle expertly rebutted. "But seriously, it is insane. Are baby-sized gas masks even a thing that exists?"

(Just to note: Yes, baby-sized gas masks do exist.)

"Who cares?" Andrea said, ending that train of thought.

"Anyway, the last shuttle to Mars leaves in a few days. You guys packed?"

"I've been packed for 10 years," Mike joked sarcastically. "Let's get the hell out of here."

"Agreed." Kyle noted.

Mike, Kyle, and Andrea headed home to prepare for the

launch to Mars. Rumor has it that Mars was fully developed, it had state of the art hovercrafts, life support, and 5-D television, but it was pretty cold. Earth had already been dealing with extreme temperatures due to pollution so it couldn't be worse, right?

Days later, all surviving humans board the final shuttles, saying goodbye and good riddance to the wasteland that is Earth, and as the shuttle exits the atmosphere and the stratosphere and Earth's gravitational pull, the nukes the world leaders left detonated deep within the incurable space rock, obliterating it in a thousand mushroom clouds.

The passengers gazed longingly at the remaining shards of what once was the Planet Earth, knowing full well they could never return to the planet they called "home". With this in mind, the final journey ensued, to Mars, and survival as a species.

One Light Year Later...

The last of the humans have arrived on the brand-new utopia that is Mars. And everyone was healthy and happy, believing that humanity had been saved, and humanity would thrive for generations to come. All was now well once again.

THE END

EPILOGUE

One Million Years Later...

Mars is also going to s#!+, the same way Earth was. Humanity has gone extinct due to the fact humans couldn't survive the cold temperatures 100,000 years after THE END of this story. So they died of hypothermia (cold temperature, froze to death).

Well, that sucks.

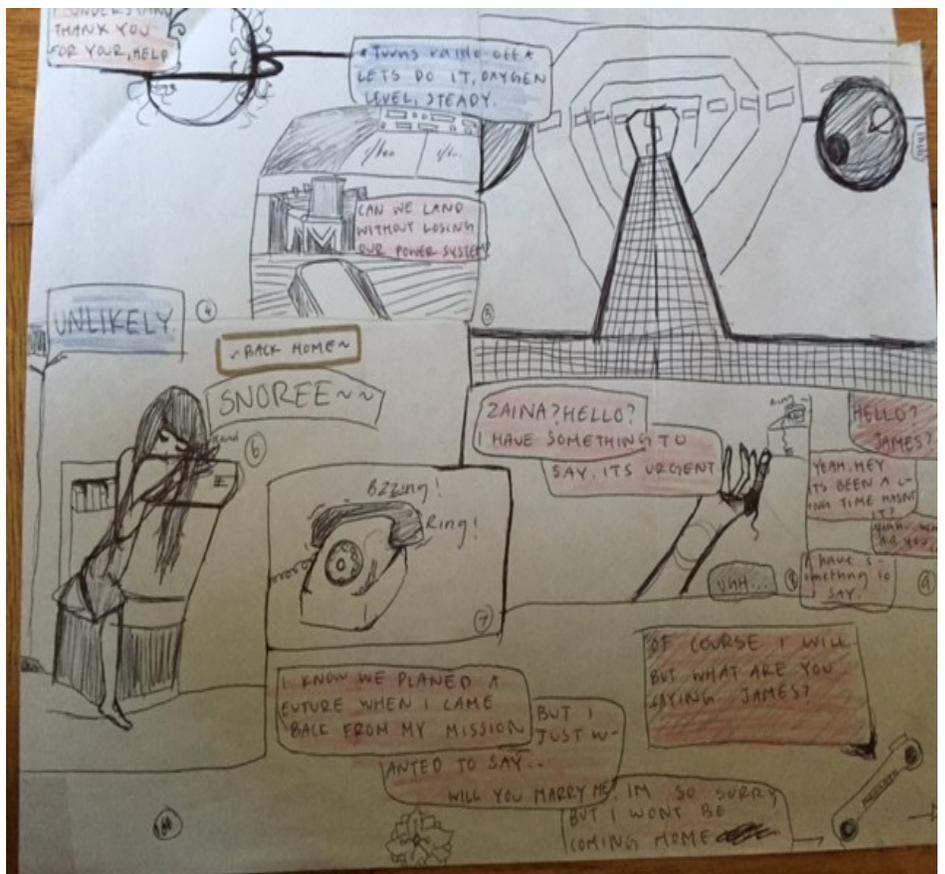
REAL THE END

(P.S. The real reason Mars went to s#!+, is because no one turned off the machines after everyone died. And the machines caused pollution, until they ran out of power, that is. Then the sun exploded).

"Desespere"

An excerpt from a Sci-Fi comic
by Vera Ma, Grade 7

Do you have a prediction about what the year 2100 will be like? Share your ideas with *The Eclipse* and we will publish them in our June issue. E-mail us at theeclipse@ewsisorg.



My Father

A Ruminatio of One Student's Difficult Relationship With His Dad

By Kevin Li, Grade 12

Fifteen years ago, I had a man who I was supposed to call "father" leave my mother. In the end, they never got back together for reasons I do not wish to disclose. However, I still somewhat keep in touch with this man named "father." Although he decided to move to a different location far, far away from where I lived, he tried to play his father-like role by providing me moral support when I needed it.

As I grew up, I began to notice the many flaws in "father." One of the major flaws I noticed was that he had a tendency to make promises he couldn't keep. "Father" was always more of what I would like to call a sweet-talker. He was someone who, in a sense, could say the things we all want hear, even when it wasn't true.

In the Autumn of 2009, as I transitioned from elementary to middle school, he promised that when the time came, he would atone for his lack of presence in my life by providing me money for my college tuition.

Every week, every month, every year, "father" would encourage me to enjoy life. He wanted to make me feel as if I had no worries in my life. The more and more he repeated it, the more annoyed I got. I eventually started to trust him less. I was convinced he had nothing for me, except his lies. The other month I contacted my grandmother:

"After all these years of boasting about how he's been making lots of money is he really going to pay my tuition? How much has he saved for this?"

"None," my grandmother solemnly answered. Then I had that I-knew-it kind of feeling in my heart. But it wasn't the typical feeling where you would feel good about yourself knowingly that you're correct. It was a feeling of hatred. People often ask me, "How can you hate someone who you've never met at all?" I don't know how to explain it. As a result of this hatred, I needed to find a way to get my mind off of this. I wanted to be free of the stress and depression.

Occasionally, I'd take painkillers or drink alcohol in an attempt to wash away this deep feeling of hatred I had for this man. I wanted to feel isolated, I wanted to feel as if I never needed to trust anyone again. My faith was completely broken.

As I reflect upon the past, I realize that this man who I'm supposed to call "father" practically ruined my life. Because he left my mother, she had to work harder to keep the family financially stable and I barely got to spend time with her. This explains why my mother and I do not get along in most cases. And because of his abandoning us, and the tension between myself and my mom that resulted, I chose to abandon my mother 2 years ago. My mother, a strong independent woman, who although may seem like a selfish and extremely provocative person on the outside, loved me very much on the inside. And because of the weak bond we had together, I failed to notice that 2 years ago. Now I do acknowledge my mother's love, although her strong personality doesn't exactly make her the best person for me to get along with, I try my best to show my love for her anyway. By eating together at the dinner table and by helping her with the little things in life, I show her I care for her.

I'm just extremely devastated that a man who I'm supposed to trust and love abandoned me at a young age, betrayed me, and lied to me. In my opinion, he is fake, he is a flaker, and of all the things I could describe him as... I would never call him my father.

Have a personal story you'd like to share with us? Email the Eclipse at theeclipse@ewsis.org.

Celebrations of Black History

Where To Go To Learn More About African American Heritage

By Dilan Cordoba, Grade 6

Black History month began February 1. It's no accident that Abraham Lincoln and Frederick Douglass, two very important figures in helping African Americans gain their rights, also have birthdays in February. Black History month is celebrated by a considerable amount of students as well as adults.

For instance in Albuquerque, New Mexico at the African American Performing Arts Center, "Roots Revival II: More Than Just A Song" pays tribute to black music in the Americas, linking it back to its original West African influences.

In Atlanta, Georgia, there are African-American Walking Tours of Oakland Cemetery, the burial site of many famous black Americans in history. In New York City, visit the Schomburg Center for Research in Black Culture to view all kinds of exhibits, research, and celebrations of black culture.

Regardless of where you live in the United States, there is a consistent presence of the influence of black culture on America. As a citizen of this great country, it is your duty and privilege to know about all the different kinds of people that contribute to our society.



Do you recognize everyone shown in the photos above?

Sports at East-West

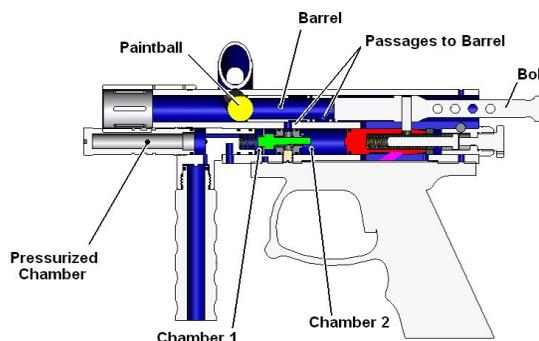
Are You A Paint-baller?

A Brief Summary of the Game's Elements

By Alejandro Segura, Grade 6

Paintball is a type of extreme sport. It involves a lot of strategy and is extremely exciting. So if you love an adrenaline rush and devising strategies and plans then this is your type of game. Plus there are different game modes such as, "Capture the Flag," "Free for All" and "Team Battle."

Paintball sounds easy enough but there a lot of components. For starters, the paintball gun usually has a stock which is in the rear part that you put on your shoulder to aim and position the gun. The barrel is indeed one of the key and most important pieces of the gun because the interior friction between the ball is what equals the accuracy and direction the ball goes whether the ball hits your target or not. Keep in mind too much friction and the ball will only go about 5-10 feet out of the muzzle. Next is the hopper which is sometimes called the loader or feeder depend-



ing on what model it is. And of course, there is the trigger. The rules of a paintball game vary depending on the group size, location, and what kind of game everyone wishes to play. Be sure to wear protection when you play because it the paintballs can hurt if they hit you hard enough. All and all, it is a thrilling game for a person that enjoys strategy

Summing Up the Season

Check out East-West's Basketball Team Stats from the 2015-2016 Season

EWSIS's basketball team is coached by Mr. Leva with the help of Volunteer Assistant Coach Thomas Cheung

Game Id	Date/Time	Home Team	Score	Away Team	Score	Location	Status
303116	11/24/2015 04:30 PM	East-West School of International Studies	52	Queens Gateway to Health Sciences	50	Al Oerter Recreation Center	
303119	12/01/2015 04:30 PM	East-West School of International Studies	49	Townsend Harris	76	Al Oerter Recreation Center	
303122	12/03/2015 04:30 PM	Robert F. Kennedy	71	East-West School of International Studies	48	Robert F Kennedy HS-GYM	
303125	12/08/2015 04:30 PM	Queens School Of Inquiry	39	East-West School of International Studies	35	Al Oerter Recreation Center	
303126	12/10/2015 04:00 PM	East-West School of International Studies	37	Cambria Heights Academy	42	Al Oerter Recreation Center	
303167	12/15/2015 04:30 PM	Eagle Academy for Young Men III	69	East-West School of International Studies	41	Eagle Academy For Young Men III - Gym	
303172	12/17/2015 04:30 PM	East-West School of International Studies	41	Robert H Goddard HS of Commun Arts and Tech	65	Robert H. Goddard HS - Gym	
308038	12/18/2015 04:30 PM	East-West School of International Studies	40	HS for Law Enforcement & Public Safety	65	HS for Law Enforcement and Public Safety	
303177	12/21/2015 04:30 PM	East-West School of International Studies	0	HS for Law Enforcement & Public Safety	0	Flushing YMCA- Gym	Postponed Early
303182	01/05/2016 04:30 PM	The Scholars Academy	104	East-West School of International Studies	45	Scholars Academy - Gym	
303193	01/12/2016 04:30 PM	East-West School of International Studies	47	York Early College Academy	53	Al Oerter Recreation Center	
303129	01/15/2016 04:30 PM	Queens Gateway to Health Sciences	62	East-West School of International Studies	45	Queens Gateway to Health Sciences Secondary - Gym	
303132	01/19/2016 04:30 PM	Townsend Harris	60	East-West School of International Studies	38	Townsend Harris High School - Gym	
303136	01/21/2016 04:30 PM	East-West School of International Studies	53	Robert F. Kennedy	80	Robert F Kennedy HS-GYM	
303140	02/02/2016 04:30 PM	East-West School of International Studies	73	Queens School Of Inquiry	75	Al Oerter Recreation Center	
303142	02/03/2016 04:30 PM	Cambria Heights Academy	44	East-West School of International Studies	43	Immaculate Conception Center - Gym	