

The Tiger Times

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to join or contribute to the Tiger Times!

See this Tiger Times Issue for the all-new Cartoon Caption Submission, a list of the best masks to wear while exercising, an overview of the 2020 high school admissions process, a recap of our return to school, the ESMS Sports Page, a description of plane travel during COVID-19, ways you can stay fit during the pandemic, the ESMS Debate Page, the ESMS list of book recommendations, a riddle page, and much, much more!

February
2021

The 30 Day Zoom Challenge

By: Jacob Abroon

Challenges. Challenges always have the potential to improve a person, group, or organization. Challenges allow someone to face adversity and learn how to manage difficult situations. Challenges are what made you who you are today. Ms. Fure and Ms. Nicolosi knew that, and they decided to help their students by using that fact. Ms. Fure and Ms. Nicolosi are the two 8th grade science teachers who work side by side to help their students in more ways than teaching them physics. Ms. Fure and Ms. Nicolosi put together a series of day-long challenges for their students to follow each day. Every challenge is crafted to improve everyone's Zoom experience and imitate a real classroom. The pair of teachers put together 30 different individual challenges, one for each day. What was this overarching challenge called? Of course, the 30 Day Zoom Challenge.

As we all know, a virtual class is not the same as an in-person classroom. While Zoom does have some ways to replace aspects of the classroom, there are clear disadvantages, such as feeling disconnected and becoming distracted. Many of the teachers at ESMS noticed this, which inspired Ms. Fure to research different methods that could help solve this



The Official Newspaper
Of
East Side Middle School

The Impact Of Music On Our Well-Being

By: Ahana Chandra

Do you often listen to or play music? If you do, have you ever thought about how it impacts your mood, behavior, and thoughts? Whether it's classical, country, folk, jazz, or any other genre, music has been proven to have a significant impact on our well-being. Especially during the pandemic, music is needed to help reduce stress and keep us happy. It can even have long-term benefits on our brains! Music has been around for ages, and now, more and more people are realizing just how important it really is.

If you have ever put on a pair of headphones and listened to some of your favorite beats while studying or doing homework, you know how relaxing it is.

The ESMS Sports Page

By: Rhone Galchen

Hello and welcome. What a crazy month it has been. Between the Super Bowl and the Australian Open, it has been quite a month for sports.

Football

First up we have the Super Bowl. The Tampa Bay Buccaneers won 31 to 9. In the last Tiger Times issue, I predicted that the Kansas City Chiefs would win the Super Bowl 34 to 20. How hopelessly wrong I was. However, in my defense, there are only two types of people who predicted that scoreline. The two types are liars and people who can see into the future. Who would have thought that would have been the game where Mahomes would not throw for a touchdown for the first time in his NFL career? However, Mahomes is not to blame for this one. The Buccaneers were able to pressure him and limited Mahomes to the worst game of his career. Tom Brady also has a record 5 Super Bowl MVP trophies. However, in my opinion, he is still not the GOAT. One can say that I am delusional, or how I can argue with seven Super Bowl rings, but he just is not. First of all, the key to this win was the defense. The defense kept Mahomes under lock and key and left the pressure relatively off Brady. Furthermore, he was helped by a Chiefs defense that kept

pressing matter. When she found nothing that was made for middle school students, Ms. Fure created one herself, which eventually became the 30 Day Zoom Challenge.

Every day, Ms. Fure and Ms. Nicolosi show their students the individual challenge for that specific day. Then, they provide their students with an explanation about the importance of that challenge. This explanation teaches the 8th grade students more about people and themselves. They learn the impact of smiling on Zoom and how minimizing distractions directly increases productivity and concentration. In addition to an explanation of that day's challenge, Ms. Nicolosi and Ms. Fure provide their students with tips on how to accomplish this task. While a one-sentence challenge may leave students without a way to accomplish the task, the tips that Ms. Fure and Ms. Nicolosi provide aid the students tremendously in doing their best to achieve the goal of completing the challenge.

Together, Ms. Fure and Ms. Nicolosi collaborated to create 30 different challenges, all with the same common purpose. To learn more about the origins, purpose and future of the 30 Day Zoom Challenge, I interviewed Ms. Fure through email.

When I asked Ms. Fure about her inspirations for the Zoom Challenge, she said that many teachers realized that, "students were having challenges with communicating through Zoom in ways they didn't really struggle in the classroom. It became apparent that we needed to intentionally teach new skills to help students in every way that we could." However, when she started researching different solutions, Ms. Fure saw that, "There weren't a lot of ready-made resources that I could use," because, "widespread communication through meeting platforms is relatively new to most people." She continued researching for the information she was hoping to find. In her own words, "I researched information about effective listening, meeting protocols, and tips for business meetings, and then started thinking about how it paralleled with what students and teachers are experiencing right now. There just wasn't anything that was focused on middle

But did you know that listening to music can actually improve your overall mood? Healthline reports, "It helps people regulate their emotions, researchers found. It has the power to change moods and help people process their feelings." Listening to music can also have long-term cognitive benefits like improving your memory and stimulating your brain. According to The Best Brain Possible, "Research showed that scores on memory tests of Alzheimer's patients improved after they listened to classical music."

I talked to Dr. Catherine Meads, a professor at Anglia Ruskin University who led a study on the impact of music on patients during and after surgery. She told me, "The study my team and I did on music was called a systematic review, where we put other people's studies together, in order to make sense of a lot of research that had been done." She believes that these studies gave her team "much more ability to see how effective music is." What they found was that the music helped patients take their minds off of the pain during surgery and that caused them to not be as concerned or uneasy. Dr. Meads told me that she and her team were glad to find that music is so beneficial. She says that "people should be encouraged to take some of their favourite music with them" and that "It should help relax them and help pass the time when they can't do much else".

Playing music and learning how to play instruments also has many benefits on our well-being. I interviewed my piano teacher, Areti Karkania who has been playing piano for 28 years and teaching piano for 10 years. She told me, "Music makes my everyday life meaningful." She also said, "It affects my mood and emotions, and makes me creative and overall, happy!" Like Dr. Meads, she also encourages people to try to learn how to play an instrument and listen to music often.

Albert Einstein once said, "I know that the most joy in my life has come to me from my violin." Many people like Albert Einstein also find joy and happiness in music and now we know that music can, in fact, benefit us in more ways than we could have ever imagined. So, the next time you are stressed about getting good

committing penalties. Lastly, a Super Bowl win is not only down to a quarterback. An example of this is how Dan Marino, one of the best quarterbacks of all time, has less Super Bowl rings than Doug Williams, who has one. Yes, Tom Brady is a great quarterback, but not the greatest of all time in my opinion. Who do you think is the greatest of all time? Try to consider other players besides quarterbacks. My prediction for next year is an expected one, but I say the Chiefs will win the Super Bowl.

Tennis

The Australian Open ended on February 20. Serena Williams lost in the semifinals to Naomi Osaka, which prevented Williams from tying the record of Margaret Court for grand slams. Osaka then went on to win the tournament. For the men, Novak Djokovic won the title, yet again.

Soccer

That fact is about as surprising as Celtic not getting relegated. In the Champions League there has definitely been some action. Let's start with one of the best young talents at the time, Kylian Mbappe. He scored a hat trick against Barcelona at Camp Nou. This was the first time someone has scored a hat trick at the Camp Nou in the Champions League since the legendary Andriy Shevchenko, who played for Dynamo Kyiv. What a performance that was, and one can certainly count on Paris Saint German to progress through now with a four to one advantage going into the home leg. Going from one young star to another, we have Dortmund. Erling Haaland scored two goals as Dortmund beat Sevilla 3 to 2 away from home, which made Dortmund the favorites to progress. Other ties that went in the way of the favorites include Liverpool beating Leipzig 2 to 0 away from home due to two Upamecano mistakes; Bayern thrashing Lazio 4 to 1; and Manchester City comfortably dispatching of Borussia Monchengladbach in a 2 to 0 victory.

However, not everything went in the way of the favorites. Porto were able to pull off a shock 2 to 1 victory over Juventus but one suspects that Juventus will be able to overturn the tie in the second leg. Chelsea were able to beat a rather mediocre Atletico Madrid team due

school students - so I created it!"

According to Ms. Fure, the Zoom Challenge was not something that was completed overnight. She had to go through the careful and important process of choosing a few topics that she wanted to focus on, and from there dividing that into a multitude of different individual topics. 30 to be precise. Ms. Fure told me that, "In the early stages of planning, I started by making a list of skills we wanted students to know and be able to do. I modeled the Zoom challenge after health and wellness challenges I was familiar with, creating small daily challenges. I hoped that this would make it easy for students to incorporate into their Zoom sessions and be successful."

However, the process did not stop there. When I asked Ms. Fure why each challenge was put on a specific day, she told me that many, "common themes," emerged from the skills she wanted to teach. From there, the challenges were put into specific phases, which were, "Setting the Scene, Limiting Distractions, Nonverbal Cues, Verbal Communication, and Etiquette." Any 8th graders who have been following along with the 30 Day Zoom Challenge could realize now that the challenges seem to follow specific themes. Ms. Fure continued by stating that each phase was, "broken down into several smaller skills," which occasionally built on a previous one. She referenced the first week of the 30 Day Zoom Challenge, which focused on, "Setting the Scene." This included, "cut the noise," as well as, "find a comfortable workspace." Ms. Fure told me that the other challenges in, "Setting the Scene," included, "lighting, audio, and framing." All of these individual challenges set the scene for the rest of the 30 Day Zoom Challenge by building up to the next phase, which was, "Limiting Distractions." While crafting the phase, "Setting the Scene," Ms. Fure told me that she and Ms. Nicolosi, "thought about some of the choices a film or TV producer might make and scaled it down to make sense for students attending classes through Zoom." As many 8th grade students may have noticed, some of the challenges from the 30 Day Zoom Challenge such as, "cut the noise," and, "light up your face," are what a TV producer has to take into account when filming, which is equally

grades or you are feeling lonely during quarantine, try listening to or playing some music. Maybe you'll become an Einstein, or at least a better version of yourself.

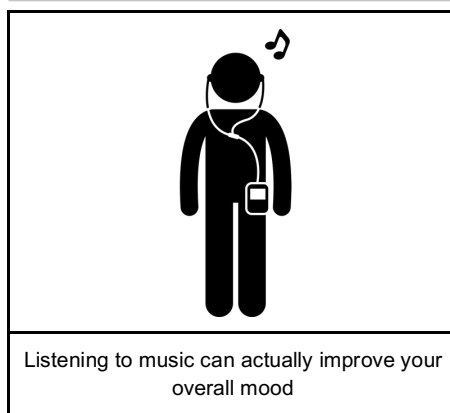


Photo Credit: <https://iconscout.com/icon/listening-music-1560526>

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What Are The Best Masks To Wear While Exercising?

By: Nora Cassetta

As a result of the COVID-19 pandemic, people have had to adapt to wearing a face mask, or even two, even when practicing sports. According to Suzanne Lukovics, the physical therapist director at Georgetown Living Home Health in Austin, Texas, "With all exercise, your body's demand for oxygen increases to support your muscles [and] anyone who wears a mask during exercise, regardless of intensity, will likely feel more breathless than they did without a face covering—even if it's a lightweight, disposable mask." Consequently, finding the perfect face mask makes a big difference when doing exercises and playing sports. As everyone has their own preferred style, feel, and material choice, a mask that feels good for one person might not feel good for another. Therefore, choosing your go-to face mask to wear when

to a bicycle kick by Olivier Giroud. However, that was not the only game where a team needed a fantastic goal to win. Madrid, away to Atalanta, had an advantage for nearly 70 minutes due to a controversial red card given to Remo Freuler. However, Madrid could not capitalize until an 86th minute goal from outside the box by Ferland Mendy, his first in the UCL. Not a bad way to score your first goal in a competition!

Now though, it is time for the great debate. Although there is a debate page in the Tiger Times, we can still have ones focused around soccer. The debate is: Who has scored the most goals of all time? You probably have heard by now that Ronaldo has broken the scoring record of Pele on January 7th with his two goals against Udinese. However, according to the Czech Football Association, Josef Bican scored 821 goals and Pele is claimed by Santos, the team he played for, to have scored 1,091 goals for them. So, how do we decide who is the ultimate top scorer? The answer unfortunately is that we probably will never know. Why, you may ask? Well, one reason is the games that they played. In soccer, the goals that are counted are only official goals. What does that mean? It means friendlies, or in other words, games that are not played competitively, goals scored are considered unofficial, and therefore, they are not counted. The problem with that is that the Santos team that Pele played for, his team ended up playing less and less games per season in favor of playing against teams in Europe. The issue there is that those goals were played in friendlies, otherwise known as unofficial games. Furthermore, during the periods where Bican and Pele played, there were not reliable records of the goal tallies of the player, and therefore, the goal tallies are incomparable to Ronaldo's. Overall, we just can't decide due to a lack of reliable records.

It definitely was quite a month for sports. Remember to think about who you think the GOAT is in football, and who has scored the most goals in soccer.

important for a student on Zoom.

Next, I moved on to the goals of the 30 Day Zoom Challenge. Ms. Fure told me that the main goal of the 30 Day Zoom Challenge is to teach students how to communicate effectively during virtual meetings. She told me that, "virtual classes, meetings and interviews will be a lot more present in our academic and professional lives than they were before the pandemic began." Ms. Fure stated that being able to connect easily no matter where you are has a great deal of benefits, so she wants her students to be able to, "take advantage of all of this great potential."

Then, I asked Ms. Fure what each individual challenge strives to accomplish. She responded by stating, "each challenge has its own narrow focus. It's a lot easier to focus on incorporating a small gesture or editing your Zoom window in a small way than it is to try to do too many things at once." Ms. Fure went on to say that one of the most influential challenges was, "Put Your Phone Away." She told me, "This was a small change but it made a big impact. Students reported feeling more connected and being less distracted by that single challenge. Add up all of the small challenges and students and we hope that students see a lot of improvement in their communication through Zoom." During the 30 Day Zoom Challenge, Ms. Fure asked her students to do a reflection of the 30 Day Zoom Challenge on the website FlipGrid. In their reflections, students stated that they became more aware of their physical actions or positions (such as posture or small movements), as well as becoming much more involved in lessons and more connected in class. These reflections speak for themselves. With students reporting the positive effects of the 30 Day Zoom Challenge on themselves, it is clear how important it is. The goals that the 30 Day Zoom Challenge hopes to accomplish are all to help the students, which is exactly what it has done.

Finally, I moved on to the future of the 30 Day Zoom Challenge. Ms. Fure told me that she hopes the 30 Day Zoom Challenge will be passed along to other teachers to share with their students. "Like I said, this material isn't readily available anywhere else," she told me. "There is a

exercising or doing sports may be difficult on the first try.

To gain some insight on preferred face masks while exercising, I interviewed some 8th graders and teammates. Zoe Levitt from 805 said she "wears the basic blue mask" while doing gymnastics. Beckett Jones from 801 said that he uses "a mask made by the brand VIDA," when he climbs. The face mask made by Athleta is very popular amongst my gymnastics teammates, who all wear the mask. When asked about what, if any, other masks they have tried and other masks and why they decided to not use that specific brand, the responses varied. One of my teammates, who preferred to stay anonymous, said that she tried the Under Armour mask, but decided not to use them because "it was too bulky and very loose with straps that didn't adjust." Six out of the 10 respondents said that they tried the surgical mask, and although there was some variety in the responses as to why they decided not to continue using that type of mask, the main reason was that they did not like it because "it was harder to breathe in, got wet very easily, and it looked worse on [them]."

There are *many* face masks available, and the face masks mentioned by the respondents are just a few. Other masks include but are not limited to: Lele Sadoughi Sunset Performance Face Masks, Reebok Face Covers, Everyday Non Medical Masks from Athleta, Masqued Ultra Sport Face Mask (popular amongst celebrities), and Uniqlo Airism Face Masks.

Although any kind of face mask may be adequate while exercising, there are some bad masks that should be mentioned. It is not recommended to use N95 face masks, as wearing such a mask can reduce physical performance levels and cause major discomforts due to breathing issues and constant fatigue, which are common results of wearing an N95 face mask. Although surgical masks are similar to N95 masks, as they too can cause more fatigue than a face mask designated for physical exercise, they can become very uncomfortable as temperatures rise, as the sweat is not pushed away, but rather absorbed. Cloth masks are not usually recommended, either. This is because



Tom Brady as he lifts the Lombardi Trophy for the 7th time

Photo Credit: The Tampa Bay Times

Sources: ESPN, CBS, Football Espana

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Times!**

The EV Future

By: Samuel Stevens

Are electric vehicles the future of cars? Given the current trend of electric vehicle (EV) production and consumer interest, the answer to this question seems to be, "yes!" This is good news for the future of our planet and our health.

On average, a car produces 28 pounds of carbon dioxide per day. That's enough volume to fill almost 30 bathtubs! That equals over 1,000 bathtubs filled with carbon dioxide per year for every car. Now multiply that by the 280 million cars in the USA. That's a lot of bathtubs filled with carbon dioxide every year compared to electric vehicles that produce zero pounds of carbon dioxide. Carbon dioxide is a direct contributor to global warming. The warming of our planet affects oceans, weather, food, and even our health. The glaciers are melting, leading to oceans rising. This causes coastal areas to be flooded. A warmer climate also means extreme weather such as storms, heavy

need to share so that more can benefit. I think adults could learn a thing or two from the 30 Day Zoom Challenge as well!" However, in terms of how Ms. Fure and Ms. Nicolosi will proceed after the 30 Day Zoom Challenge has finished, "I'm not sure where this will lead us!" She told me that they are currently, "trying it out and gauging the responses from students - so far these have been very positive!" Additionally, Ms. Fure and Ms. Nicolosi are looking at the effectiveness of their approach to, "learning these types of communication skills." The skills that the 30 Day Zoom Challenge is teaching students are extremely important, and are present in more instances than virtual communication. Having good posture, knowing how to focus on whoever is speaking in a meeting and understanding ways to comprehend information being taught are all extremely important skills, which the 30 Day Zoom Challenge definitely teaches. Ms. Fure finished by saying, "We will likely revisit the 30 Day Zoom Challenge even after it is over to reinforce the skills that we are working on. It takes time and repetition to learn new skills!"

In addition to my interview with Ms. Fure, I also talked with Ms. Nicolosi over Zoom about the importance of the 30 Day Zoom Challenge. She told me that they, "wanted to build a better community." With COVID-19 forcing everyone to be apart, the 30 Day Zoom Challenge has shown people ways they are similar and connected. Ms Nicolosi added that the 30 Day Zoom Challenge provides her students with, "some form of communication," and it gives, "a moment to reflect." With the 30 Day Zoom Challenge, students can gain a new perspective on themselves. They can realize how they can improve upon their situation. Students learn to smile more often over Zoom as well as put away distractions that could remove their focus from the lesson. Ms. Nicolosi said one of the goals of the 30 Day Zoom Challenge was to introduce, "a way to talk about the situation." Ignoring challenging situations only leads to more difficult circumstances. With the 30 Day Zoom Challenge allowing people to talk about how remote learning has affected them, students can relate to each other much more easily.

cloth face masks "cannot filter fine particles and prevent viral transmission during direct exposure to droplets produced by sneezing and coughing" (Bangkokhospital.com).

When looking for your go-to sports face mask, there are some important aspects to keep in mind. The fabric is a very important factor. The mask should be made of breathable fabric, similar to the fabric used to manufacture sportswear—spandex and polyester are the best fabrics for these masks, or any moisture-wicking material. The face mask should also be durable, with the ability to be washed and used constantly without immediate wear and tear. Additionally, athletic face masks should offer adjustable earloops, in order to maximize comfort and minimize the irritation behind or around the ears. Other qualities include, but are not limited to, masks that are unisex and have a moldable nose bridge to create a secure fit on your face.

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A Return To School

By: Maeve Redmond

As all of you know, ESMS, along with all middle schools in New York City, transitioned back to in person school on Thursday, February 25th. The first day was a Cohort B, Day 2. This day looked different for everyone, as some people were at home, while some people were at school readjusting to the school environment in the physical building.

It has been around 3 months since the schools closed after opening up

snowfall, and long droughts. Growing crops become more difficult and global warming could lead to more asthma and heart conditions.



Car Pollution

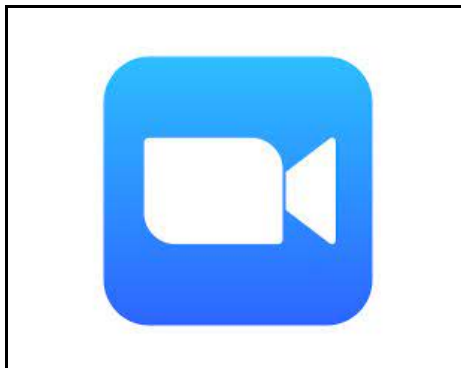
In addition to carbon dioxide, gas cars also produce deadly pollutants such as hydrocarbons, nitrogen, and carbon monoxide which are harmful to all living things. When you breathe in carbon monoxide, it displaces oxygen in your body which deprives your heart of oxygen. After minutes of severe exposure, you could suffocate and die. Click this link to look at a real-time pollution level map: <https://www.breezometer.com/air-quality-map/air-quality/united-states/new-yor>

While electric vehicles seem futuristic, you may be surprised to know that it was a big part of the automobile history. The first car ever was built in 1769, and the car was neither gas nor electric. The first car was steam-powered. In 1884, a British inventor created the first practical electric car, and two years later, Karl Benz got a patent for the first gasoline-powered car which changed the history of automobiles. At that time, the air pollution was horrible in London and using electric vehicles helped to not contribute to the air pollution. The electric car was very popular. In fact, by the year 1900, 38% of cars were electric, only 22 percent gasoline-powered cars and the rest were steam powered. This did not last for very long. By the 1930's, the electric car completely disappeared and the gas powered car dominated the market.

On January 20, 2021, Joe Biden officially became president. Since then, he has been pushing to help the environment, and one way to do it is to promote the switch from gas to electric

Together, Ms. Fure and Ms. Nicolosi have put together 30 incredible challenges, each one drastically improving each of their students. While Ms. Fure was the creator of the 30 Day Zoom Challenge, Ms. Nicolosi also played a vital role in putting together the month-long list of challenges. Ms. Nicolosi helped build the presentation, and of course, she taught the 30 Day Zoom Challenge to her classes, 802 and 805. Both of these incredible teachers have worked together to design and construct these 30 challenges.

Challenges. Challenges are what bring us together. Adversity, difficult situations and barriers are one of the only things we all share. Challenges show us how we are all similar. The 30 Day Zoom Challenge does just that. Every 8th grader at ESMS can reflect and focus on their Zoom experience. They can realize an issue they have on Zoom and improve upon it. The 30 Day Zoom Challenge has dozens of remarkable applications for students. Zoom and virtual learning poses many difficulties, but the 30 Day Zoom Challenge provides an opportunity for the 8th grade to fight against these difficulties and grow. Thanks to Ms. Fure and Ms. Nicolosi, Zoom has become a much greater experience for their students. Ms. Fure and Ms. Nicolosi have seen the effect that these challenges have had on their students. One that is immeasurable. That is what the 30 Day Zoom Challenge has done for the students of East Side Middle School.



With Zoom throwing many obstacles in our direction, the 30 Day Zoom Challenge provides students with a way to combat these difficulties

Photo Credit: zoom.us

temporarily. It was a big change to suddenly be back in the school building wearing masks all day. Some new students, such as sixth graders, had never even been to ESMS before! Many kids during the time that we had been in school in the fall were Cohort D and didn't come to live school at all, as they were virtual. Now, some kids that were in Cohort D in the fall have now decided to come to school and have joined either Cohort A, B, or C.

Going into school for the first time in months was strange. You see some of your teachers and classmates in person for the first time in months. It is hard to get used to wearing a mask for 6 hours straight, as many of us have been home for weeks. Some people like going into school, and others don't. I think that it is good to get out of your house and mingle with friends in a friendly environment.

School is in session and 92nd St is buzzing with action at 9:00 AM as kids are making their way into ESMS. It has been a while since students have gone inside the building, but for most, it is easy to slide back into the routine of school.

High School Applications

By: Dale Heller

It's that time of year again! Eighth graders all over the city are inundated with high school applications, virtual open houses, and admission tests. A pandemic cannot stop the excitement that accompanies the educational future of students!

While eighth graders, along with some ninth graders, have already taken the Specialized High Schools Admissions Test (SHSAT) as of February 10th, another challenge still remained: applying to non-specialized high schools.

By March 1st, students had to rank a recommended number of 12 schools at myschools.nyc. When ranking, every student is instructed to be honest about their preferences, as order matters.

In addition to the order in which you rank the schools, your lottery number also

cars. He wants to convince auto companies and autoworkers to push the big change from gas to electric vehicles.

Fred Krupp, president of the Environmental Defense Fund, is consulting with the auto company General Motors. Their goal is to put everyone in electric cars. They are going to get every aspect of what it takes to make a big impact on the zero-emissions future. They are engineering, designing, and producing electric vehicles for every lifestyle and price point. We know that this is possible because of Tesla's success as a brand new electric car company.

If there are so many obvious benefits to switching to electric vehicles, why is it taking so long to happen? For some industries, this change will put them out of business. The two main industries that are threatened are the oil and gas industry and the trades that provide parts and services for gas-powered engines. These industries have launched campaigns to convince the public that the electric vehicle is problematic and not the future. In spite of these challenges, the electric vehicle is growing in popularity. In 2019, there were 2.1 million electric car sales. This is a 6% increase from the previous year. Electric cars were 3% of global car sales in 2019. So far, there have been 7.2 million electric cars sold worldwide.

How does the electric car future affect the economy? First of all, it will create more jobs. Gas cars require gas. That gasoline is imported from other countries and that costs an average 5 billion dollars annually. Fewer people spending money on fuel will direct money to support local businesses. Producing and supplying energy is one of the least employment-intensive sectors of the economy. As a result, shifting people's jobs from this sector and towards local goods and services will create more local jobs. Fossil fuels are also a nonrenewable source of energy. Electricity can be generated from a renewable source such as wind, solar, and water. Data shows that if electric car sales comprise 15.4% of vehicle sales by 2030, an additional 50,000 jobs will be created.

Quote Of The Month

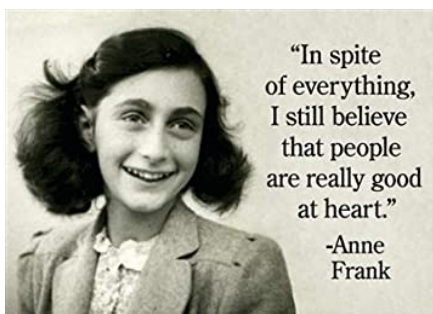


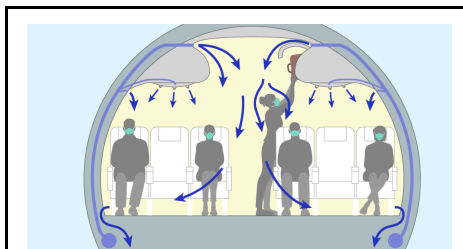
Photo Credit: amazon.com

Staying Safe On An Airplane

By: Siroos Pasdar

For lots of people right now, going on an airplane or traveling a far distance may seem like something out of the ordinary. Ever since COVID-19 has filled the world with what seems like an endless tunnel, hopes of ever going on a flight again have become dimmer and dimmer. While vaccines offer a glimmer of hope, the pandemic is still at large.

For many, being in an enclosed environment, like an airplane, during this pandemic can be nerve racking. However, your chance of contracting the virus is actually lower than it seems. Air quality in an airplane's cabin is quite high. As demonstrated by the photo below, new air will come into the cabin from overhead vents, exiting at floor level.



This photo demonstrates airflow in the cabin

An airplane's filtration system is very safe and significantly reduces your risk of contracting any virus or germs, including

matters in regard to being accepted into your high school of choice. Each student is assigned a random number, though they are not informed what their number is. The smaller the number, the greater chance that you will be accepted into the high school. For example, someone with a lottery number of one would be more likely to be accepted into their school of choice than someone with a lottery number of 1,000 who is applying to the same school.

There is also a slightly different system this year. Over 100 New York City schools and programs are participating in diversity initiatives. Diversity initiatives reserve anywhere from 33% to 75% of spots for students eligible for free or reduced lunch.

The application requirements for each school differ. Some schools, such as Eleanor Roosevelt, Clinton, and New Explorations into Science, Technology and Math (NEST+M) require a minimum grade cutoff in order to be considered for a seat. Others take your middle school grades and/or test scores into account to determine placement. Still others require an essay and/or video submission in which you answer prompts such as: "What makes you a good student?" and, "Why do you want to attend this school?"

According to data dating back to 2010, ESMS students have been shown to favor certain schools. An average of 26 ESMS students attended Eleanor Roosevelt High School each year, while an average of 11 ESMS students chose Beacon High School annually. Others attended Baruch College Campus High School, with approximately 8 ESMS students accepting the school's offer yearly.

Regardless of the school of choice of students, it is still wise to apply to non-specialized high schools, too. Applying to these schools likely grants students more options. Though specialized schools and private schools boast some prestigious and well-liked offerings, nothing is a guarantee, and there is also a myriad of exceptional non-specialized schools.

Once the applications were finished, another challenge arose: the wait to learn where you have been accepted. In prior years, applicants could expect around a three and a half month waiting period,

We students at ESMS live in New York City, the third most traffic congested city in the world. If everyone used an electric car, there would be a lot less pollution in New York and it would be a healthier and quieter place for us to live in. Let's hope the electric vehicle future comes soon.

Photo Credit: NBC News

Sources: CNN, scientificamerican.com, National Geographic, The United States Environmental Protection Agency, energy.gov, gm.com, iea.org, wellthatsinteresting.tech, swenergy.org, statista.com, scienceexplorers.com, wisdombiscuits.com

Nearpod vs PearDeck

By: Gail Tromer

Nearpod and Peardeck are similar and different. They're both software and they both help students at East Side Middle School learn. However, the experiences using these programs during remote learning differ from a normal classroom experience. The question is, which one is more similar to the classroom? I would say that Nearpod is more like a normal classroom experience, due to the fact that it has built in features such as a notebook and whiteboard.

I interviewed some students at ESMS to see their points of view on this topic. Daria from 604 said, "I would rather prefer PearDeck because if you get kicked out then you could log back in and it will save your progress and in Nearpod if you get kicked out, it won't. I would also prefer PearDeck because I find it easier to focus. The instructions are always on the screen, and you can always check your answer and then the directions and change it. Also on Nearpod, sometimes the teacher can't see your response and you have to refresh while on PearDeck, that didn't even happen once."

There are also things you can do in virtual learning with softwares that in the classroom, you can't, and vice versa. I also interviewed Ms. Nathan in order to

COVID-19. When air leaves the cabin, half of it is dumped outside. The other half is purified by a HEPA (high-efficiency particulate air). New air will enter the cabin from outside, replacing the old air that was dumped outside. This ensures that either new air will enter the cabin, or be filtered out. In fact, air is completely refreshed every two to four minutes.

A 2018 study published by pnas.org shows that it is unlikely that you will be breathing in air from people more than a few rows away. While people walking around the cabin, such as flight attendants and crew members may disrupt the airflow, it likely wouldn't be to the extent that you would be infected by the virus. And that was without masks.

At this point in the pandemic, masks have become something most of us don't even think about. It's normal for you to walk around New York City and see everyone wearing a mask. As we know, a mask is an added layer of protection. A mask prevents you from breathing in particles that could be harmful to you. They also prevent someone infected by the virus from sneezing and spreading the particles to someone else. Some people even wear two masks on a plane, which offers even more protection.

Social distancing, which has been put into effect on some flights, also reduces the transmission of COVID-19. On some flights, seats in between passengers have been left open. This is also a painful business decision for airlines, considering the financial situation they are already facing. Some airlines might not be able to afford to give passengers this luxury. This leads to some airlines packing their flights with passengers. But most airlines have changed their policies so passengers can reschedule their flights for free if they happen to be on a packed flight.

Disinfecting airplanes in between flights has also proven to be a very important safety precaution. In between flights, staff manually wipe down high touched areas such as window shades, tray tables, TV's, lavatories and seat belts. Machines that spray chemicals and disinfectants are also in use to maximize safety before and after flights.

typically from early December to the middle of March, before finding out where they had been accepted. This year, with COVID-19, it's a little different. Because of the later deadlines, students may not learn of their high school placements until late spring, or even summer.

Even though waiting for the results can be stressful, eighth grade students should still take the time to enjoy their final year of middle school. School may not be the same as it was before the pandemic, but the end of the school year will undoubtedly be a bittersweet occasion. ESMS has served as a second home, even if you have been attending classes while at your actual home, to so many students. It will be a goodbye to a warm, welcoming community, but a hello to the new adventure that is called high school.

Ways To Concentrate During School

By: Tali-Ben David

Concentrating during online school is definitely a struggle for many people. There are so many distractions, whether it is your siblings, electronics, or YouTube. I sent out a Google Form to my classmates and asked them for some tips on concentrating.

When it comes to getting distracted there is not just one way to solve it or help it. Most people work at their desks or on a couch during class. Some people have told me before that working in unusual places might help you concentrate, or they do not like working at their desk. "I have a desk but I don't like using it," as Skylar Borkowsky states. The floor is more comfortable and works better for me.

Additionally, it is scientifically proven that making your bed in the morning improves your day at least a little bit. You might use some excuses to get out of making your bed like, "it is not important," "there is no point," or, "nobody is going to see it anyway." Well actually it is important, maybe not as important as other things, but still is important. In the morning, making your bed can give you a small feeling of accomplishment, and you have a nice bed to get into when you want

gain some input on this topic from a teacher's point of view. She said "In the classroom, I can walk up to your desk, and in Zoom, I can't." She proceeded to describe the differences between in person and remote learning. For example, she cannot talk to each student personally during remote learning. Although in PearDeck she can see her students' responses, it is hard to read all the responses when there are a lot of people that want to answer the question.

Until we can play and talk and learn together in real life, we're left with the mundane software. But, it'll be over soon and we'll all be able to meet again like we did once before.

Skiing During A Pandemic?

By: Siroos Pasdar

Skiing. The classic winter sport lots of us love and enjoy might not be what we are used to this year. Skiing, like most outdoor activities, has skyrocketed in number. But some resorts are experiencing a decline.

For some, going on a long, crowded, tube for hours to fly to your destination with a virus lurking around is not ideal. Nonetheless, airlines have stepped up their game. Staff and passengers are required to wear masks to comply with federal law. Additionally, airline staff disinfect highly touched areas, such as window shades, tray tables and seat belts. Airplane filtration systems ensure that almost all the air you breathe in will be fresh and clean. And so, my family and I took off into the sky, heading for California for our ski trip. But we knew it wouldn't be an ordinary one. In fact, in many ways, it was like no other.

After a long, dreadful flight, in which you might have worn two masks, the first place you would want to go is your hotel. Not to worry – taxis and Ubers can bring you to your destination. Rolling down windows to get ventilation and, of course, wearing a mask will make the situation more ideal.

Combining a mask and advanced filtration technology demonstrated on airplanes, disinfecting surfaces, and in some cases, social distancing proves flights can be much safer than most people thought. Nothing can guarantee your safety on an airplane, and with a virus lurking around that has taken over half a million lives just in the U.S., airplane travel might not be thought to be “safe” for a while. However, it is less harmful than most consider it to be.

Photo Credit: medical.mit.edu

Source: medical.mit.edu

The Benefits Of Cats

By: Anna Hsu

Last issue, Maeve Redmond of the Tiger Times had conducted a poll about the popularity of cats vs. dogs, and 78.9% of the students selected dogs over cats. I have nothing against dogs, but cats can be just as friendly and playful. Cats can even help improve your well being. According to HelpGuide.org, “Pets, especially dogs and cats, can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health.” What’s not to cherish?

According to *Traverse Mountain Pet Care*, “There are over 500 million domestic cats in the world.” Each cat has their own unique pattern. Whether it’s tiger stripes or speckles of polka dots, none are the same. Cats can also have unique facial features such as long whiskers and brightly colored eyes. Instead of the color white like humans, the sclera (the white part of the eye) of a cat is a bright color (most commonly yellow). Unlike dogs, who’s iris takes the majority of their eyes, cats eyes have a very slender iris. Cats also have a unique bone structure. You may be wondering why cats are able to fit under the small crevices of your couch or bed. Well, Vetstreet.com claims, “Cats are able to squeeze through spaces that seem narrower than they are because cats don’t have a rigid collarbone to block their way through nooks and crannies. Once they can get their head and shoulders through, their sleek bodies present no further obstacle.” Cats’ musculoskeletal structures

to sleep. It can also improve your chances of falling asleep by a little bit. So when you wake up, maybe just take a few minutes and make your bed. Or don’t, I can’t control you.

Many think it is really hard to keep a clean room or workspace, including me. As you may know, working in a clean area can make you feel organized, and maybe can help you concentrate. Siroos Pasdar says, “I try to work in a quiet and comfortable environment.” Some things that help Liya Choi focus are, “Making sure all other devices are to the side, having no toys near me, and taking breaks. When I go out for a walk or something and come back I can focus better.” One person (who prefers to stay anonymous) says that, “Minimizing the amount of tabs I have so that I won’t hop around during school,” helps them. Joshua Fields said something that I found interesting, “I really find downloading some cool extensions helps. That seems, vague, I’ll elaborate. What I mean is that there are extensions that make it so you see a calming image when you open a new tab. It seems kinda dumb, but it does help.” Athena Shevorykin said that having water and healthy snacks near you during class can also be convenient so you do not have to get up. Eating healthy can also reduce stress, and reducing stress can increase concentration.

Overall, here are different ways you can concentrate during school:

1. Making your bed
2. Having a clean workspace
3. Using extensions
4. Minimizing tabs
5. Trying to reduce distractions
6. Trying different workspaces
7. Maybe going on walks
8. Eating healthy
9. A few people said fidget toys help and keep your hands busy.
10. Meditation, yoga and exercises help some people concentrate.

After an extensive, tireless day, you finally arrive at your hotel. In my case, I was at Squaw Valley, in Lake Tahoe, California. The sun turned from the dim yellow it was when you woke up in the morning in New York to the dark void in the sky. When checking in, everything proceeds normal, with the exception of social distancing and mask wearing. Housekeeping only comes upon request, as opposed to regularly. You might’ve just collapsed onto the bed right when you walked in, or slowly fallen asleep.

After a restful night, the real skiing begins. Your first day on the mountain. Most things while skiing stayed the same. Just like most outdoor sports, skiing is very COVID friendly. Having skis attached to your boots ensures you won’t be close to anyone. Additionally, most people already wear ski masks. At Squaw Valley, face coverings were mandatory. Something lift attendants often yell is “Mask over your nose so we don’t close!” Masks over your nose and mouth were strictly enforced throughout the resort. Social distancing was put into effect while waiting in lines for ski lift chairs.

Your skis carve into the snow as you turn and you zoom down the mountain. So did your day. Before you know it, the entire day is gone. There isn’t much to look forward to afterwards. Some people go and warm up in a hot tub, while others stay in their rooms. Some people ski with their friends. With the pandemic, that isn’t very common. Social interaction has been on the decline ever since the pandemic started.

You could grab a quick bite. Depending on which state you might be in, indoor dining restrictions are different. But restaurants, again, have stepped up their game. Outdoor seating includes heat lamps and fireplaces to make the most pleasant experience possible.

Before you know it, the ski vacation has come to an end. So quickly, yet, you made every moment last as long as possible. You might still remember first checking in to the hotel, or going on the slopes. It probably seemed like that happened yesterday.

are also very flexible which helps them extend themselves and jump substantial amounts. Cats have the ability to jump a total of five feet, that's the average height of a seventh grader!

Cats not only have agile bodies and unique personalities, but they can also be comforting companions. According to the *Catnip Times*, cats can, "cause your body to produce stress reducing hormones." During the pandemic, it can be helpful to have an understanding and anxiety relieving pet. I interviewed 7th grader Sammy Stevens, and he says his foster cat Stormy always, "cheered me up and she always brings joy when she is around." Cats have the remarkable ability of changing your mood, whether it's helping you destress before a big test or cheering you up when you feel down. Stevens also claims, "Cats always will put a smile on your face and being in a good mood can dramatically affect your efforts in school!" From personal experience, being in a good mood helps me feel more focused and motivated during tedious work.

Although dogs may be the more popular choice in terms of adoption, cats are definitely worth considering! Or monkeys, but that's for another conversation.

How The Marvel Universe Is Growing

By: Liya Choi

One of the most loved franchises is Marvel. It has grown to be one of the most successful creative companies in the world. Although Marvel created all of their characters, it didn't have access to some of them until recently. In the 1990's, Marvel nearly went bankrupt and had to sell some film rights of its characters to different companies. In 1993, X-Men was sold to 20th Century Fox, and in 1998, Spider-Man was bought by Sony. Both deals helped with profit and Marvel was able to start making films. However, a lot has changed since Disney bought Marvel a few years ago and 20th Century Fox. In addition, Disney made a deal with Sony for Spider-Man.

Valentine's Day Recipes

By: Anna Rodriguez

Sugar Cookies

Difficulty: Easy

Ingredients:

- One teaspoon baking soda
- Half teaspoon baking powder
- One cup butter, softened
- One and a half cups white sugar
- One egg
- One teaspoon vanilla extract

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.
3. Bake eight to ten minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.

Chocolate Chip Cookies

Difficulty: Easy

Ingredients

- One cup salted butter softened
- One cup white (granulated) sugar
- One cup light brown sugar packed
- Two tsp pure vanilla extract
- Two large eggs
- Three cups all-purpose flour
- One tsp baking soda
- Half tsp baking powder
- One tsp sea salt
- Two cups chocolate chips (or chunks, or chopped chocolate)

The ESMS Debate Page

By: Rhone Galchen, Gail Tromer and Jacob Abroon

This is the ESMS Debate Page. In every issue, two students write arguments defending one side of a topic facing ESMS. The opinions argued in the debate page do not necessarily represent the opinions of the writers themselves. This issue has two new debate topics. Read on to see what they are.

Topic #1: Dogs vs Cats

Dogs - Gail Tromer

In many ways, dogs are better than cats. One way is that dogs can feel their owner's emotions. They can help the owner and defend them. Dogs can do all of those things while cats will expect you to serve and defend them. For example if you come back from school feeling down, your dog will do its best to cheer you up because it will feel your sadness. My grandfather was once a kid and once had a dog, and when he was sitting all alone and sad, he was sitting on top of a tree and his dog came to him, and barked and wagged his tail, to get his attention until my grandfather came down from the tree, and they started to play happily. A dog can feel their owner's emotions, like my grandfather's dog felt his.

Another way is that a dog is really loyal. They will stick with you through trouble and will help you when you need it. When you go to meet a friend, your dog will stick with you, even if they want to go to their friends. An example of this is, one time, when my grandfather was a kid in the yard, some bigger kids came, and wanted to tease him. His dog, Rossy, jumped in to defend him, and growled at the other kids to make them back off. Here, Rossy was loyal, and my grandfather and his dog stayed in the yard, and the others took their warning.

Cats - Jacob Abroon

While cats may not receive the praise that they deserve, they are truly magnificent creatures. There are more to

Disney bought Marvel in 2009 for 4 billion dollars after its successful film, *Iron Man*. In 2017, Disney announced that they would offer 52.4 billion dollars to buy 20th Century Fox. However, in 2018, Comcast bid 65 billion dollars to drive Fox away from Disney. Eventually, it led to Disney buying Fox for 71.3 billion. This meant Marvel had the rights for both X-Men and Fantastic Four once again. X-Men and Fantastic Four were both very popular, so the prospect of them joining the Marvel Cinematic Universe (MCU) is very exciting.

Spider-Man was sold to Sony under the condition that Sony had to make a Spider-Man movie every three to five years. They had been making the movies and were planning a separate Spider-Man universe with more characters. Unfortunately, the *Amazing Spider-Man 2* (2014) didn't earn as much money as Sony hoped. While under pressure, Sony decided to work with Marvel and Marvel regained access to Spider-Man. As the Marvel movies were very successful, Disney wanted to make sure that Spider-Man stayed in their films because it was such an important character. In 2019, the partnership between Disney and Sony was put to an abrupt end because of financial disagreements. However, many fans disliked the idea of Spider-Man no longer being in the MCU. Luckily, this was only temporary. Both Disney and Sony decided that they would make a third movie of the MCU's Spider-Man series. The release date, until further notice, will be on December 17, 2021. The title will be, *Spider Man: No Way Home*.

With the Marvel Cinematic Universe expanding, they have many projects coming up. *WandaVision*, a television show on Disney+, received a lot of attention and positive feedback from fans. Some upcoming shows include, *The Falcon and Winter Soldier*, *Loki*, *What If...?*, *Hawkeye*, *Ms. Marvel*, *Moon Knight*, *She-Hulk*, *Secret Invasion*, *Ironheart*, *Armour Wars*, and *I Am Groot*. These TV-shows can be something that students at ESMS might look forward to.

Now that Marvel has more control over its characters, what does this mean for the company? Many Marvel fans are speculating that they might have a few

Instructions:

1. Preheat the oven to 375 degrees F. Line a baking pan with parchment paper and set aside.
2. In a separate bowl mix flour, baking soda, salt, baking powder. Set aside.
3. Cream together butter and sugars until combined.
4. Beat in eggs and vanilla until fluffy.
5. Mix in the dry ingredients until combined.
6. Add a 12 oz package of chocolate chips and mix well.
7. Roll two to three TBS (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets (alternately, use a small cookie scoop to make your cookies).
8. Bake in the preheated oven for approximately eight to ten minutes. Take them out when they are just barely starting to turn brown.
9. Let them sit on the baking pan for two minutes before removing to a cooling rack.

ESMS Book Reviews

By: Julian Fernandez Sasso

***Animal Farm* by George Orwell (1945).**

Animal Farm follows anthropomorphic animals who have taken over a farm from Mr. Jones. When rebellion strikes at Manor Farm, order must be held. Will these animals be able to control their power and greed from getting the best of them? When writing *Animal Farm*, George Orwell's goal was to use animals to represent leaders of the Russian revolution. With its unique take on such a complicated subject, *Animal Farm* became an instant success in the U.K. and the U.S. I would recommend this book to anyone interested in Stalinism or the world of communism. I give this book a 10/10. It was masterfully written, and it's engaging. I should say that you don't need to have any knowledge about the Russian revolution to enjoy this book. It's still a great and engaging story about power and greed.

cats than a stereotypical image of a small house cat growling at its owner. As some do not know, the animal, "cats," covers some of the most beloved animals on the planet, such as cheetahs, tigers, and of course, lions. I will go through all of these animals, as well as other ways cats are superior to dogs.

Cheetahs are some of the most beloved animals on the planet. Reaching speeds of around 60 - 70 miles per hour, cheetahs are admired by millions worldwide. Their spotted skin and iconic speed is one that cannot be matched by any other animal.

Tigers are also one of the most iconic cats in the world. Their stripes and orange skin are something that have amazed and fascinated people worldwide. TV shows such as *Tiger King* are extremely popular. The ESMS mascot is the tiger. This newspaper is called the *Tiger Times*! According to USA Today, tigers are the third most common school mascot. Continuing on the idea of mascots, a cat is the mascot of four NFL teams (Panthers, Lions, Jaguars, and Bengals) while dogs have the incredible sum of zero.

Tiger King is not the only form of entertainment with a cat in the title. *The Lion King* is one of the most beloved animated movies of all time. The journey of Simba, a young lion cub, and his group of friends as they try to save their homeland is a truly incredible film that has been praised all across the world. Cats, lions in particular, are shown as the majestic creatures they are, showing why they are, "the king of the jungle." Meanwhile, hyenas, a type of dog, is portrayed as the villain. Not surprising.

These facts have shown the tremendous preference of cats over dogs in the country and in the world. However, there is much more to cats than lions, tigers, and cheetahs.

According to a study performed by Carroll University, cat lovers are more open-minded and sensitive than dog lovers. Additionally, according to the same study, cat lovers had higher intelligence than dog lovers. These facts completely refute the argument that dogs are good for a person's health and personality.

crossovers between different characters. It will be exciting to see what Marvel has in store for the future.

How People Are Staying Fit During COVID-19

By: Tayden Eagle-McAvoy

Staying fit during Covid-19? That's what some ESMS students are doing.

Anna Hsu, a 7th grader at ESMS, is a swimmer. "The chemicals [chlorine] can kill COVID-19 and several other germs. Swimming can be done year round [for inside pools], and I never feel sweaty even after several hours of working out!" Anna also does yoga. "Yoga is great because not only does it require few materials, but it also helps clear my mind while stretching my body." I think a yoga session right after swimming is relaxing for the muscles and reduces soreness. Occasionally, Anna goes on long walks, which lets her get some fresh air and build up leg muscles to improve her swimming speed.

Next, there is 6th grader Sabella Faccio. She plays softball, skis and skates when she gets the chance to. I learned about her workout when she told me, "I combine some small things. Focusing on my core, my arms and my thighs that don't take up too much space. I also do a good amount of cardio and I have gone on regular walks as well as runs outside when it's not too cold." Sabella said dance and P.E. also provide a great workout for her.

In my own case, I play hockey, an active sport that helps me stay fit. I workout every morning and go on walks during the afternoon. When I play hockey, my legs are sore, so I workout my upper body instead of lower body. Occasionally, I run with my mom and dad. When I have P.E. or dance, it makes me sweat and feel alive. Every time I workout, it improves my skills in hockey.

All these ESMS students have stayed fit and healthy during COVID-19 and it seems it has benefited them in many ways. Stay fit and get plenty of exercise!

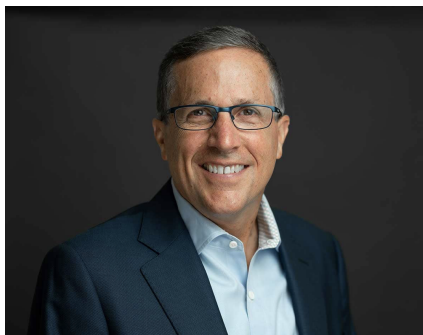
Amulet Series by Kazu Kibuishi

Amulet is the interesting story of Emily and Navin, two siblings who accidentally found an amulet which led them to another dimension. In this world everyone is ruled by the cruel Elf King who oppresses and kills those who don't follow him. *Amulet* is a graphic novel which mixes aspects of the past and future into the story. I give these books 10/10. I've read this series at least 3 times and I always found myself captured in the essence of the characters and the story. If you like graphic novels and magical stories, then these books are for you!

Inspirational People

By Siroos Pasdar

Micheal Nyenhuis



Micheal Nyenhuis is the current CEO of UNICEF USA. UNICEF aims to highlight every child's right to clean water, education, food and a safe environment. Nyenhuis, who has been working for the leading global nonprofits focused on health for 25 years, is inspired by frontline workers. He is inspired by doctors and nurses vaccinating children and agriculture experts teaching kids the importance of nutrition. He is drawn to UNICEF because of its global connection and how they create so much positive change for children, including the most vulnerable. He believes UNICEF, the nonprofit working in over 190 countries and has 13,000 employees, is the best organization to combat poverty and disease, as well as build hope for others.

"As global citizens, we have a responsibility to reach out to the most

However, it doesn't stop there. According to Melanie Greenberg, a licensed clinical psychologist, when you pet your cat, you release the hormone oxytocin, which makes you feel less stressed. According to the US National Library of Medicine, people who owned a cat had a decreased risk of dying from a heart attack or stroke. In fact, the sound of a cat's purr has been proven to, "calm your nerves and lower your blood pressure." Many may think that dogs are good for a person's physical and mental health, when in fact that is the case with cats. All of these statistics have proven how helpful a cat can be.

Overall, cats have been proven to be superior to dogs. Not only are they more present in our culture, entertainment, and ESMS itself, but the importance of cats has also been proven to be good for a person. Cats do not receive the respect they deserve, considering all of the statistics that prove their importance.

Topic #2: Should Indoor Dining Resume?

Yes - Rhone Galchen

Indoor dining should be open simply because the NYC restaurants and bars need it. Have you ever been walking through the streets of NYC during the pandemic and seen that restaurant you like closing down? Have you ever felt bad for a friend or family member who was forced to close down his restaurant and now doesn't have a stable source of income? Unfortunately, that is a reality that many experience as a result of the pandemic. Already, thousands of restaurants, bars, nightclubs have been closed down. Many more are struggling to keep their heads above the water. Even from the ones that are not out of business, many are way behind on rent and either firing or furloughing their workers. The famed and crucial restaurant industry in New York started the pandemic with 325,000 jobs. Now, in comparison to the original amount, there is a measly 185,000. To further highlight the woe of restaurants is that 92% of restaurants said they could not pay their rent in December 2020, an increase of 80% from June. While limited capacity indoor dining is not going to fix all of that, it can definitely

The ESMS Riddle Page

By: Jacob Abroon

1. What can you add to a bucket full of water to make it weigh less?
2. A window washer is washing a window on the 50th floor of a tall skyscraper. Suddenly, he slips and falls. There is no net or anything soft to break his fall, yet the man was not injured? How is that possible?
3. I open to close and close to open. I am surrounded by water but I am never soaked. What am I?
4. What is longer when it is made smaller?
5. You are in a room with a candle, a gas lamp, and a wooden stove. You only have one match, so what do you light first?
6. A girl has as many brothers as sisters, but each brother only has half as many brothers as sisters. How many brothers and sisters are in the family?
7. What number is a perfect square and a perfect cube? The cube root of this number is a perfect square, and the square root of this number is a perfect cube.
8. What tastes better than it smells?
9. A man started towards town with a chicken, a stack of hay, and a fox. The man has to cross a river with his boat, but only two things can go on the boat at a time. The man cannot leave the fox alone with the chicken, because the chicken will be eaten. The man cannot leave the chicken alone with the hay because the chicken will eat the hay. How can the man successfully bring everything across the river?
10. I can be held, but I am too heavy for anyone to lift me. What am I?

See the bottom of the issue for answers!

vulnerable in the world. I've seen the results of this work. Children do get healthier when we invest in them. Families do have brighter futures with our support." - Micheal Nyenhuis

Photo and Informational Source:
unicefusa.org

Bits and Pieces

By: Siroos Pasdar

- President Biden ordered an airstrike in Syria targeting Iranian military forces in the country.
- Tiger Woods, a professional golf player, was severely injured in a massive car crash this month. He will have a lengthy and hard recovery before resuming daily activities and playing golf.
- The Army will now allow women to wear different hairstyles.
 - Captain Jawana McFadden of the military stated, "It shows that the Army is recognizing we can be soldiers and still be ourselves, that being a soldier and a Black woman is valid and valued."
- Several incidents have occurred with a few Boeing 777's in the past week.
 - On February 20, debris from an airplane bound for Honolulu from Denver Airport rained on a small town outside of Denver. The plane made a mayday call and safely landed; no one was harmed in the incident.
 - Another incident included a Boeing 747 carrying cargo, as well as a Boeing 777 in Russia.
 - Two of these incidents involved engines made by Pratt and Whitney. While the third incident in Russia involved an engine manufactured by General Electric.
- NYC DOE Chancellor Richard Carranza to step down in March.
- A deadly blizzard hits Texas, leaving many without power, food, or medical supplies.
 - Many criticized Senator Ted Cruz's decision to leave Texas for a vacation in Mexico. He

provide some relief for restaurants. At the moment, 35% capacity is allowed. If Governor Cuomo agrees to increase the indoor capacity to 50%, that could vastly help restaurants. This extra funding could help keep these restaurants above the water and maybe eventually help get the jobs back to the people who have been fired.

One may say that it is dangerous, however, there are ways to overcome this. If restaurants keep their tables 6 feet apart, require their staff members to wear a mask and gloves, and put in a proper air filter such as a HEPA filter, then the danger is reduced. In fact, restaurants taking the necessary precautions have not been a major source of infections in New York. This coupled with the fact that COVID-19 cases are on the decline proves that limited capacity indoor dining can be done safely.

Overall, indoor dining should be allowed at a limited capacity because restaurants need it to survive and because it can be done safely.

No - Rhone Galchen

Indoor dining should not be available. "Why?" you may ask. Well, the obvious answer is that it is dangerous. New York City has lost many to the pandemic, 29,000 deaths tragically occurred in NYC alone, and 46,000 statewide. We do not want to add to this, due to the opening of indoor dining. At the moment, the cases of the British strain of COVID-19 in NYC are starting to rise. The British strain is not only more infectious, but possibly more deadly. Indoor dining could be a huge source of spread given the fact that it was already dangerous, but is now exacerbated by the more infectious strain. One may say that many people contract the Coronavirus from people they see at their home. While that is true, the people who give it to them are getting it from somewhere, and that place could easily be a restaurant. People could get sick at a restaurant, come home, and give it to their family, and possibly elderly relatives who may unfortunately die from it.

One may say to refute this that if there are the right precautions then it will be safe. There are two problems with this

The US Rejoins The Paris Agreement

By: Siroos Pasdar

Our planet is facing something it has never faced before. Global warming remains a hurdle we have yet to overcome. Protests, led by the 18 year old climate activist Greta Thunberg, have called for immediate action on climate change. Kids have taken special participation in these protests. In fact, on September 20, 2019, the Department of Education granted excused absences from school to encourage students to participate in this protest. Ever since, calls on taking immediate climate change action have risen, as have ocean levels.

According to NASA, our planet's average surface temperature has risen about 2.12°F ever since the late 19th century. Data from NASA's Gravity Recovery and Climate Experiment prove that Greenland lost an average of 279 billion tons of ice from its ice sheets between 1993 and 2019. Throughout the same time, Antarctica lost an average of 148 billion tons of ice per year. As a result of this, in the past century, sea levels rose 8 inches. The rate at which sea levels have risen over the past two decades is little over double that of the past century. Each year, this number is increasing.

How have we combated this force, and how have we added to it? Something most don't realize when driving from one place to another is that each second the vehicle is on, (if it runs on gasoline), the emissions from the car contribute to the problem. Currently, electric cars are not very common. However, many companies have pledged to become fully electric by a certain time. See page 4 of this Tiger Times issue for more information about electric cars. Nonetheless, people have also taken a lot of action to keep the environment safe. Using clean, green energy is an alternative to electricity produced by coal power plants, which are harmful to the environment. Additionally, global leaders have signed agreements and passed and enforced laws that help the environment in some way.

returned to Texas on the 18th of February and told reporters leaving Texas was "obviously a mistake."

Sources: The New York Times, BBC, CNN

Answers To The Riddle Page

1. A hole
2. He was inside of the building
3. A moat
4. The words, "small"
5. The match
6. 4 daughters and 3 sons
7. 64
8. Your tongue
9. He brings the chicken across the river and leaves it there. The man goes back and brings the fox with him across the river. The man takes the chicken back across the river to where he started, takes the hay, and leaves the chicken. The man leaves the hay at the other end, goes back to the starting point, and brings the chicken back to the other end.
10. A horse

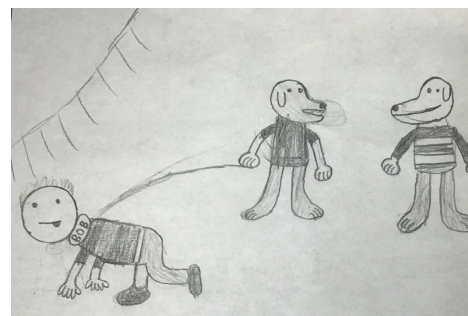
opinion. The first one is that many restaurants do not have these precautions in place and may not have the funds to buy new ones. Secondly, with the more infectious British strain now in New York, these precautions may be less effective against that strain, and in places that are not up to date with the precautions, it would be even more dangerous. Instead of risking yet another spike, which would then cause another closure of indoor dining anyways, we should just be patient and wait until more people have the vaccine. With new sites in York College in Jamaica, Queens and Medgar Evers College in Brooklyn now vaccinating 3,000 people along with 11 new vaccine clinics and the ones we have now, many New Yorkers are getting the vaccine, and if we are just patient, maybe restaurants can open again at a higher capacity without risking a spike.

Sources: The New York Times, Brooklyn Paper, The Guardian, NY1, ABC News

Cartoon Caption Submission

By: Philip Jow

This is the ESMS Cartoon Caption Submission. Every month, there will be a new cartoon, and you, the reader, will be able to submit a funny caption for the image. You can send it to jacob.abroon@esmsnyc.net for your caption to be shown in the next issue!



“ _____ ”

I made and thought of the image above. The idea for a cartoon caption contest came from the New Yorker magazine. On the back page of every New Yorker magazine, there are cartoons

Nobody can solve the problem alone. The Paris Agreement, commonly referred to as the Paris Climate Accord, aims to make countries set ambitious goals to combat climate change. Countries must economically and socially transfer in order to meet the requirements of the Paris Agreement, keeping global warming well below two, preferably one and a half degrees Celsius.

How has progress been tracked? Starting in 2024, every five years, countries must transparently report what they have achieved and the progress they have taken. Countries have established Enhanced Transparency Framework (ETF). It is under the ETF in which countries must report their progress on climate change. Additionally, to achieve these climate change goals, some countries with more resources financially assist others. The agreement encourages countries to financially assist others that are more vulnerable. This is also due to the fact that large scale investments are necessary to slow climate change and take the immediate action required.

What does this mean for kids in middle school? Rising ocean levels means certain areas could be more vulnerable to flooding. The Battery, the tip of Manhattan, is vulnerable to floods. Its flooding record was set in 2017 when it flooded 15 times. That number is expected to increase to 20 to 40 by 2030. The Battery could flood 50 to 135 times every year by 2100.

Former President Donald Trump leaving the Paris Agreement took away attention from climate change. Additionally, Former President Trump endorsing things like coal power plants sparked anger amongst climate activists. President Biden has supported green energy produced by sources such as solar panels and windmills. Overall, rejoining the Paris Agreement is one step on a path many hope the world will continue to go down.

Sources: nydailynews.com, climate.nasa.gov, unfccc.int, bloomberg.com

with a blank caption. People from around the country try to make a funny caption for a cartoon. If they win, it is printed in the next *New Yorker* magazine.

Email your caption to
jacob.abroon@esmsnyc.net to be
included in the next issue!