

# The Tiger Times

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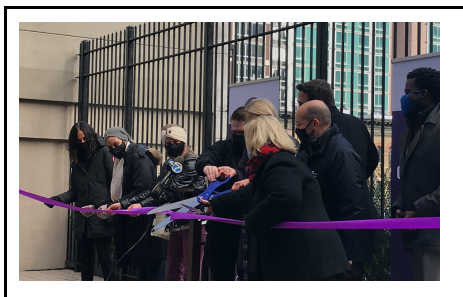
December  
2020

See this Tiger Times Issue for a description of the ESMS Student Council, an interview with State Assembly Member Rebecca Seawright, a look back at 2020, an update on COVID-19, a poll showing what people did over break, a riddle page, a joke page, the ESMS debate page, and much, much more!

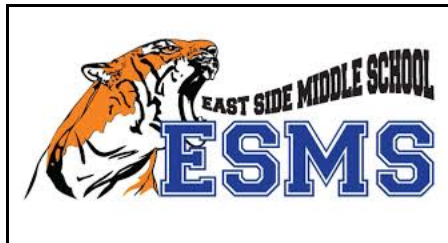
## Helping The Homeless With Hunger And More

By: Jacob Abroon

"I want to wake up in a city where everyone has a home." That is what Councilman Ben Kallos said when he spoke at the ribbon cutting at the newest building from the Urban Outreach Center, an organization that helps homeless people in numerous ways. I attended the ribbon cutting event on December 10<sup>th</sup>, 2020, where I talked with figures such as Steven Banks, the NYC Commissioner of Homeless Services, State Assembly Member Rebecca Seawright, and many, many more. Also, I listened to a speech from 8<sup>th</sup> grade ESMS student, Dale Heller.



This new building, located on 1745 1st Avenue (just a few blocks from the ESMS building), will be an incredible help to the homeless people of the Upper East Side. The building, about 4 stories high, will contain a supermarket-like food pantry, where any homeless person can collect the food they need for their family, a place to



The Official Newspaper  
Of  
East Side Middle School

## An Interview With A Virologist

By: Tali Ben-David

COVID-19 is a new and confusing virus. Many people have some questions about COVID, so hopefully I will answer some of them. I interviewed virologist (someone who studies viruses) Theodora Hatzioannou, Associate Professor at The Rockefeller University.

Theodora Hatzioannou has been studying viruses for 25 years, and she used to study HIV and AIDS. She is now studying COVID. "I started working at a lab in London, as a technician, and then I went to get my PHD in France, and then after my PHD was finished I came to the U.S. at Columbia University then joined a non-profit institution, and now I am at Rockefeller." She has done many things as you can see. And she is a mother of

## How To Stay Positive During The Pandemic

By: Liya Choi

This pandemic has affected many people around the world in numerous ways. Staying positive during these hard times can be challenging, but there are many strategies you can use to be optimistic and productive.

Releasing stress and staying healthy is very important to staying happy. There are many ways to do this such as working out, video chatting with friends or family, and playing games. Taking breaks away from the screen and going outside for some fresh air is very important too. If you are constantly working it is going to take a large toll on your body. Don't overwork yourself, for it can be unhealthy for you. As you work, check your progress, and if you aren't finishing much it's probably time for you to take a break. Even a small amount of free time can benefit you, because when you go back to work you will most likely do a lot better. It is important, however, to be wise about your breaks and what you are doing during them.

Using social media or watching the news may also be the reason why you feel negative or act a certain way. Try refraining from using the internet if you see yourself in a bad mood constantly. If you keep seeing content which contains

look for jobs, a crucial part in supporting a homeless person, and even a place to collect mail. Additionally, the building will contain a school for the children of homeless people, and the roof where this entire event took place will act as the playground. While the building is still under renovation, as I walked up the stairs I could see how important this building will be, with large floors and open spaces.

Being in the Upper East Side, the new building is the first in future buildings similar to this one that will aid the homeless population of the Upper East Side. While many of the buildings throughout the city were scattered across the boroughs, this building is one of the first in the Upper East Side.

To learn more about how important this building will be within the coming years and months, I talked with State Assembly Member Rebecca Seawright, who spoke at the event. When I asked her, "what is the importance of this event?", she responded by saying, "there are so many people that are suffering in this national pandemic to today's event opening this soup kitchen is an outstanding showing of support from our community leaders, our activists, our partners in government, and our faith-based organizations. And we are so pleased to have the reading and the speech by an East Side Middle student here today, and you, covering this for your paper. It's just wonderful and so inspiring as we all try to reach out and do our part to help." When asked about how this event will set the stage for other events similar to it, she answered, "I think this is a good example of what can be accomplished, and we'll start to look at this as a way to achieve other structures and other community based organizations that can help people that are in need and that are suffering during this pandemic." Finally, when I asked her about some of the benefits the building will bring, she answered by saying, "it's going to feed the homeless. With winter coming on, now that we're in the second wave of COVID, it's a healthy program to keep families and individuals healthy during a national pandemic. We need to keep this going even when we're not in a national pandemic." Rebecca Seawright relayed the true importance of this new building. From helping the homeless of Manhattan, to

two. Her oldest son is an eighth grade student at ESMS.

Throughout the pandemic, many people thought that COVID-19 was like the flu. However, during our interview, I learned that it is not. "It belongs to a completely different family of viruses." The symptoms are similar but still the viruses are different. "Coronavirus is extremely transmittable, way more efficiently than the flu." That is another difference and why it has caused so many things that the flu did and does not. Every flu season we do not have to stay inside and wear masks, we do not have to eat outside, we can still see friends, etc. The Coronavirus is also much more fatal.

Nobody knows exactly when the vaccine is going to reach everyone. Some people might have some guesses, "but nobody knows for sure... Hopefully we will get the majority of people vaccinated by the start of next school year." Some health care workers have received the vaccine, but there have been some issues with distribution. People also think that the vaccination order is going to be health care workers first, then seniors, and so on.

Some people don't wear their masks over their nose. Does it protect you 50%? Are you still fully at risk? "It depends where you are." Obviously if you are somewhere that does not have a lot of cases you are at lower risk rather than somewhere with more cases. "The virus can still go in through the nose... It is mainly transmitted by the nose, it can also be transmitted by the mouth, the airways are basically the route of transmission... It is very hard to separate the two, because they communicate, [and] they are connected." The virus can enter and infect through your mouth and nose. It does not necessarily protect you 50% when you wear the mask only covering your mouth. But it is definitely safer to wear your mask the right way, over your mouth and nose.

What are some ways we could have partially stopped the spread in the beginning? In the beginning we did not know it was here, so we were living our normal lives. "The best thing we can do is just stay six feet apart, and wear masks." Since we didn't know the virus was here, we could not have done that. From the

news, posts, videos, or pictures that could be the cause of how you are feeling, stay away from it. Knowing about the different things going on in this world is important, but knowing too much can bring a pessimistic view on different things. This can also affect your progress in your school work or other activities.

Seeking help if you are feeling anxious is very important. Don't be afraid to talk with a trusted adult, family member, or friend. Speaking to someone about what's bothering you can help lift the weight off you. Writing about different things that could be the cause of your negative outlook or behavior can also help you. Reach out to people who could give you advice or might be able to aid you.

Staying positive is very important and these strategies can help you stay in a good mood. Making sure you don't put too much pressure on yourself and overwork is very important. Reach out to anyone if you are in a bad place and need help. Don't try too hard to be optimistic either, it shouldn't be forced. These suggestions may help you to find the perfect plan to stay strong and productive. Stay safe and healthy!

**Hi East Side Middle School!  
Have you been reading the  
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## **The Experiences Of A 6<sup>th</sup> Grader And An 8<sup>th</sup> Grader During COVID-19**

**By: Darragh Boyle and  
Tayden Eagle-McAvoy**

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During COVID-19 have you felt bored, insecure and isolated? If so, then you are not alone. Your feelings are similar to these sixth and eighth graders that we've interviewed. We felt it would be helpful

being a stepping stone for the future. As she stated, this new building shows that we can accomplish anything when we are fighting to end homelessness.

Councilman Kallos was not available for an interview at the event, but I later emailed his office, and here are his responses. When I asked him about his role in the construction and opening of the building, the councilman responded by saying, "My role as an elected official is to bring the pieces and players together in order to make big things happen. That is precisely what we did here through our work with the Eastside Task Force for Homeless Services and the City Agencies that have collaborated to get this project underway." When I asked him, "what is your ultimate goal regarding homelessness in New York City?", Councilman Kallos answered by saying, "I think the goal is easy to imagine, but hard to execute. We want every New Yorker to have a real home. Not in a shelter, not on the street. In a real space of their own with respect and decency." Finally, when I asked him how the event differed from previous ones similar to it, he responded by saying, "This is different in that all the partners are equally eager/excited to see the new facility serve the public ASAP."



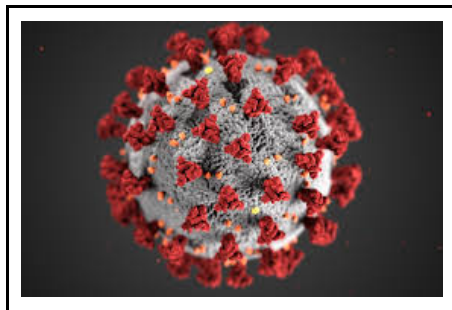
(Top): Councilman Ben Kallos as he speaks at the ribbon cutting, and his hopes for the future regarding homelessness in New York City.

(Bottom): The NYC Commissioner of Homeless Services, Steven Banks, as he talks at the ribbon cutting

Dale Heller, an 8th grader from ESMS, was invited to speak at this monumental

middle to now, some people have been having parties and inviting friends over inside, which is not helping the cases drop. But some people who are doing this are doing it with people they feel comfortable with, and they get tested frequently.

In such a short time, we have learned so much about COVID-19 thanks to people like Dr. Theodora Hatzioannou, and her work. There is more we need to learn, but hopefully this will be over soon. I hope this article informed you a little more. Stay safe.



## COVID-19 Update

By: Dimitri Hanjjs

As we know, the vaccines are on their way, but what about the cases of COVID-19 right now? Well, in this article we will cover the rising cases in New York State as well as why these vaccines were able to be created and tested at an unbelievable pace compared to vaccines in the past. We will also be covering who will receive the vaccine first and how to determine when you will likely receive the vaccine.

As anticipation about the vaccine grows, it is important to remember that we are in a pandemic with cases currently rising at an alarming rate. In the *New York Times* December 6th, 2020, it states that "Over the past week, there has been an average of 9,240 cases per day, an increase of 80 percent from the average two weeks earlier." This is an alarming rate of increase. If this rate of increase continues for more than a couple of weeks we could be looking at many cases well over what we were experiencing during the darkest days of the spring. New York City is experiencing an average of 3,078 new cases per day, or an average of 36

and nice to share some personal thoughts on how COVID-19 is affecting us at ESMS. Tayden spoke to the sixth graders while Darragh talked to the eighth graders, because sharing tough times brings people together. As a bonus we stumbled across some good news.

I, Tayden, started out by asking, "What is it like to be a sixth grader during COVID-19 at ESMS?" Ia Sofocleous said "The one thing that is really challenging is making friends. In normal years, you could just go up to anyone and start talking to them, but you can't do that now. Since I am in sixth grade, I don't really know anyone, and that makes socializing even harder." I think us sixth graders can all agree with that. In our efforts to keep each other safe, we have lost time to spend time with classmates. I am personally bored because COVID-19 is keeping me from my friends. Lets see if Caitlin Hu agrees. "Sometimes it's hard, like not meeting a lot of people and making new friends in your first year in a new school. It's challenging, but you get used to it." Caitlin seems to agree with us 6th graders. I asked Ia and Caitlin "Is your schedule stressful too?" Caitlin said her schedule before the "relax time" used to be stressful because in between classes she didn't have time for a break. She also said, "But I definitely think it's gotten better because of the 10-minute break in between classes." I am grateful for the teachers of ESMS that made that ten minute break. It was hard to concentrate as much as I should have when I didn't have that time. Do you think Ia agrees too? Let's find out. "My schedule isn't stressful at all." It seems that our schedules are less stressful and I agree with both girls, because it is positive news.

"How is homework different from before COVID-19, and is online school harder than in person school?" Ia said, "First of all, in elementary school, we had weekly homework, so having daily assignments has been a change" Now to Caitlin. She said, "Also, now, teachers don't give out as much homework as before because they want us to take a break from the screen, which I think is really nice." From my perspective, in person school is harder than online school during COVID-19. In online school, we could have the whole day to finish a test



event. Dale, who is one of the leaders of ESMS's Helping Homeless Women Committee, talked about the effect the pandemic had had on the homeless population, and ways the new building will help solve these problems. As Dale stated, "homeless people are 61% more likely to contract the Coronavirus." She also stated, "with the Urban Outreach Center's social services, such as providing clothes, food, and hygiene items to homeless and low-income families, that statistic doesn't have to be so staggering." As Dale remarked, this new building from the NYC Urban Outreach Center will be extremely influential, especially during a pandemic when the homeless are at a great risk in contracting the virus.



*Dale Heller as she delivers her speech at the ribbon cutting*

Clearly, the impact of this building will be one that will improve not only the Upper East Side, not only Manhattan, but the entire city of New York. From lifting people off of the streets and giving them food, to finding them jobs and a home, this new building from the NYC Urban Outreach Center will be an incredible addition to the city. As Rebecca Seawright stated in our interview, "no one should have to suffer for being hungry or homeless."

## Poetry Club At ESMS

By: Ahana Chandra and Lola Kravitz

Poetry Club is where ESMS students meet to read and write amazing poems! Although the virus has unfortunately prevented many other school organizations from meeting ever since schools were shut down, this club has continued to thrive during the pandemic. Poetry Club used to be held in the mornings on Thursdays and

people in every 100,000. I talked to Dr. Hanjis about this issue. He said that a hospital has a "usual ratio of staff to patients" and when this number is disrupted it means "an increase in mortality because the doctors do not have enough time to fulfill what is needed, no matter how hard they work."

The number of deaths is not increasing at this rate, but it is worth considering that deaths may lag behind cases in terms of being reported. This is because even in its most severe form, COVID-19 does not kill extremely quickly. This could lead to large numbers of critically ill people in hospitals which would not be reported by the statistics shown here. In addition, with the rate of increase in cases, it is a possibility that the majority of cases did not have enough time for the virus to fully take its course. Despite this, we can look at trends from the spring and we can see that the graph of the deaths due to COVID-19 and the cases of COVID-19 increase at similar times.

With this semi-optimistic news out of the way, we should talk about what made this vaccine so seemingly easy to manufacture and test. As soon as the genetic sequence of the virus was made public, vaccine manufacturing companies got to work. The spike protein, the protein that gives Coronavirus its name and the protein responsible for binding the viral particles to the cell, was particularly similar to the Sars-1 viral spike, for which a vaccine was already in the process of being created. Along with having the basic building blocks for the vaccines, the majority of these vaccines utilize a new technology called an mRNA vaccine. All of the 8th graders should know that mRNA, also known as messenger RNA, carries amino acids in groups of three ribonucleic acids called codons. Each codon carries a specific amino acid that is bound to it. The scientists working at these companies used the genetic sequencing of the protein spike to build, what is in effect, copies of the spike without the ability to harm people. This tricks your body into producing antibodies that identify the spike and signal your body to attack the virus. This process is much quicker than the traditional way of using a dead or weakened virus to generate antibodies.

or a full period, compared to in person school where we would have thirty minutes or the period. If we were doing in person school during COVID-19, then we would not be able to make up for our mistakes in the first trimester and improve our grades. Caitlin, on the other hand, disagrees. These are split questions. "Definitely because a lot of times you don't get one-on-one meetings with teachers if you have difficulty with some of your work or if you just want to talk with them privately."

Let's see what Ia has to say. "It depends how you look at it. With online school, you can wake up 5 minutes before the school day starts, and you won't be late! What can be challenging online is the fact that you are working from home. There could be distractions. When we are in school, we get to socialize. That's something that's not easily done online. But when in school, you also have to deal with the commute, making sure you packed all your school supplies, and sometimes bullies." What's your opinion? I hope you appreciated the 6th graders perspective! Enjoy reading what the sixth graders have to say!

This year has also been hard for eighth graders. Many have been finding it difficult to be away from school in their last year of middle school. I interviewed Lauren Ireland about how hard it has been to be away from school this year.

Darragh: "How hard has it been not to be at school this year?"

Lauren: "It has definitely been different! I miss my teacher, friends and the joy of walking into class."

Darragh: "What has been a positive experience being away from school?"

Lauren: "I am able to focus more on myself and I have been able to pace myself more properly."

Darragh: "What has been challenging about staying at home?"

Lauren: "I can sometimes get easily distracted, which makes it harder to enjoy class."

Darragh: "What has so far been your favorite part of being at ESMS?"

Lauren: "I love the inclusive environment my teachers and peers have given me. I hope that my high school is almost as great as here."



at lunchtime on Friday in Mr. Getz's office, where participants drank tea, ate pizza, and analyzed poetry. We're doing the same thing today, but with a lot less food involved (unless you opt to bring your own). Now, we meet every Thursday at 4:30 on Zoom conferences hosted (as always) by Mr. Getz. With all the chaos that the pandemic has created, and the stress of online learning, the members of Poetry Club are grateful for Mr. Getz taking the time out of his already busy schedule to meet with them.

The members have learned about and are continuing to learn about rhyme, rhythm, and much more. They have written styles of poems such as sonnets, haikus, ballads, couplet poems, soliloquies, and many more. Some poems written by Poetry Club members have even been published in various literary magazines!

We interviewed Tessa Kolovarsky (one of the Poetry Club poets) about her favorite part of this club. She told us, "My favorite part of Poetry Club is how you can write about whatever you want, like picking your nose or the Kardashians. (Both of which I have written about.)" Tessa is referring to her litany poem, in which she described the habits of her "five year old reading buddy." Other poems written by the poets also cover a vast variety of topics including: friendship, a very frustrated chair, a visit to the deli, landscapes, characters from TV shows, etc. Tessa also told us about what she has taken away from Poetry Club. She said, "Some things I've learned from Poetry Club is that sometimes, even if you're not exactly sure what to write, you must start writing whatever is on your mind, no matter the significance. This leads to great poetry and breaks your artist's block."

Not only have the Poetry Club poets written great poems, but they have also been reading and analyzing great poems! These poems are selected by Mr. Getz and are written by authors like Walt Whitman and E.E. Cummings. The poets of Poetry Club incorporate these authors' writing styles into their own poems, but like many good poets, they have their own writing styles as well!

The poets also listen to each other's poems and tell each other their thoughts on what they have written. By doing this,

This brings us to the question of who will get the vaccine. The people who are first in line are healthcare workers--no surprise there. However, some hospitals are stratifying between the different specialties, those working in critical care will be the first to get vaccines whereas internists may get the vaccine later. But it is not just the doctors who will be getting the vaccine. It is everyone who works in the healthcare field, from janitors to surgeons, everyone will be getting a vaccine, but the order depends on how much they are exposed to the virus. In addition, certain hospitals are affiliated with different vaccine trials, leading some doctors to be vaccinated before others. Next in line is essential workers, then we have people who don't work in either of these two jobs. The worldwide roll out of the vaccine has started and as of 12/20/2020, nearly 3 million vaccines have been administered. As we look forward into the future it is important to remember that although the vaccines seem so close you can almost gain immunity from it, they are not here yet. So as you continue to go about your lives, wear your mask correctly, and practice social distancing.

How To Wear A Mask Correctly:

[https://im-media.voltron.voanews.com/Drupal/01live-166/styles/sourced/s3/2020-04/thumbnail\\_How%20To%20Properly%20Wear%20A%20Face%20Mask.png?itok=Vxllxe6](https://im-media.voltron.voanews.com/Drupal/01live-166/styles/sourced/s3/2020-04/thumbnail_How%20To%20Properly%20Wear%20A%20Face%20Mask.png?itok=Vxllxe6)

Sources: The New York Times, NBC News, Stat

Photo Credit: New Hampshire Public Radio

## Quote Of The Month

The people who are crazy enough to think they can change the world are the ones who do.

Steve Jobs

Photo Credit: thequotes.in

Darragh: "Do you have any words of wisdom for the sixth and seventh graders?"

Lauren: "Make sure to keep time for yourself."

Thank you Lauren, Ia, and Caitlin for participating in this article.

I hope you have enjoyed this article about what it is like to be a sixth and eighth grader during COVID. Make sure to stay safe and remember you're not alone during this time. Other people feel similar to you.



## The ESMS Sports Page

By: Rhone Galchen

It may be a little bit late and it is definitely sad, but soccer has lost a legend. Whether you are a soccer fan or not, you will have heard the name Diego Maradona, and the passing of such a legend deserves an article in itself given the amount of impact he had on the pitch, but off the pitch as well. Soccer has lost a legend.

Diego Armondo Maradona, also known as el pibe de oro, which means the golden boy, has died of cardiac arrest at the age of 60. Maradona was the ultimate artist of soccer, the Van Gogh of soccer if you will. Maradona without a doubt was the most skilled soccer player ever, and in order to get a grasp of this, I recommend you to look up "Diego Maradona Warm Up Live Is Life," and you will see the immense skill he possessed. Maradona, while having his flaws, was a genuinely great person.

Maradona not only impacted Napoli on the pitch, but also off the pitch. At that time, and still today, the north of Italy looked down on the south (Napoli was in the south), because the north had much

they learn a great deal from each other. Overall, it is a great experience that not only helps to develop creative skills, but also great friendships.

## Music Review

By: Siroos Pasdar

We have all been living in a virtual world these past few months. While there are several downsides to our new normal, music is not one of them. Music has always been popular. It provides an outlet and escape. Whether you are happy or sad, you will get enormous joy from your music. Everyone has a favorite musician, instrument, band, or even genre. In this article, I will review and talk about several of my favorite bands. You may have heard of some before, but if not, I encourage you to go to your device and introduce yourself to some of these bands. I will cover a variety of genres from rock to alternative to electronic music. I hope these recommendations and reviews encourage you to go listen to your favorite jams and try some new music out.

You don't have to read this entire article, as it is very lengthy. Instead, read about the genres you enjoy listening to, then try learning about a few new bands to expand your palate. Below are the different bands and genres I will cover:

1. The Smashing Pumpkins- Alternative Rock
2. Radiohead- Alternative
3. U2- Rock
4. Coldplay- Alternative
5. Joy Division/New Order
  - a. Joy Division- Alternative
  - b. New Order- Electronic Alternative
6. Depeche Mode- Electronic Rock

### The Smashing Pumpkins - Alternative Rock

The Smashing Pumpkins are a 90's rock band. Not many people know them, but if you're into rock or 90's music, I urge you to give them a try. Their most recent album is *CYR*, which was released on November 27th, 2020. Some of their most popular albums include *Mellon Collie and the Infinite Sadness* and *Siamese Dream*. I recommend listening to *1979*, one of the most popular songs by the Smashing



## Game On! Well, Sort Of...

By: Nora Cassetta

If you are an athlete, chances are the pandemic has affected your sport. Whether it's soccer, gymnastics, hockey, swimming, rock climbing, or any other sport, Tiger athletes have experienced big changes to practices and competitions. Many of the changes are common to all sports. Based on interviews with ESMS students who play club sports, the new normal includes mask wearing, shortened practices, social distancing, non-stop use of hand sanitizer, practice pods, and ghosted games and meets.

The Tiger Times contacted Claire Comisarow, a swimmer from 803. We asked her how the pandemic has affected her sport. Claire responded that "there were no swim practices or meets from March to September. Hence, over the summer, I went to Florida and joined a different team so that I could continue swimming." Claire also said that her practice hours "have been affected because they are shorter now." The practice groups "are limited to a smaller number of people and we have to wear masks when we are not in the pool and maintain social distance outside the pool." She spends more time conditioning outside the pool. She also reports that her "meets" have only been with [her] team and are limited to a small number of people." She added that she is "lucky that [she] is still able to do [her] sport because many people are not able to do so during this pandemic. Many kids from other teams have joined our team because their swim programs have been shut down."

We also talked with Tayden Eagle-Mcavoy, a hockey player from 603. Tayden told us that she has fewer

more money and tourists and such. Maradona, by leading Napoli to place above teams in the north, gave the south and Napoli itself a sense of pride. It made them show the Northern Italians that they are not something to be looked down at, and that helped change some of the social dynamics in Italy. Napoli is indebted to Maradona. They showed their thanks by changing the name of their stadium to Diego Armando Maradona Stadium.

Tens of thousands of crying fans in Argentina filed past his grave, and they formed a line that stretched 20 blocks in the place where they celebrated winning the world cup with Maradona. The Argentinians feel such passion for Maradona, not only because he is arguably the greatest player ever, but because he led them to a World Cup. In 1986, Argentina won the World Cup that was hosted in Mexico. The Argentina team that won the World Cup was one that barely qualified, one that the people of Argentina did not think they would win. However, defying the odds, Argentina won it thanks to Maradona. To show how important he was, he assisted or contributed to 10 of Argentina's 14 goals, including the winning assist in the World Cup final. The game that shows you the most about Maradona is the infamous game against England.

In the buildup to the game, the Falklands War, which was between the United Kingdom and Argentina, was only 4 years earlier, which added to the drama of the occasion. However, Maradona, of course, stepped up in the game and showed us the incredible side of him. We saw the genius of Maradona. Maradona got the ball within his own half, did a pirouette which got him past three defenders, he then used his pace to get by two more defenders, then he rounded the goalkeepers, and scored a goal, I would recommend you to look up "Maradona Goal of the Century" to get a glimpse of the genius. Then, in the semifinal, Maradona scored a further two goals, this time against Belgium to take Argentina to the final. Argentina was in the final to play against West Germany. In the game, Argentina got a 2-0 lead and it looked like the game was wrapped up. Then Germany scored goals in the 74th and 82nd minute to equalize, leaving

Pumpkins, and the last song written for *Mellon Collie and the Infinite Sadness*. It has a more mellow tone and mood. Whereas *Today*, is more upbeat and inspirational. It is about having the greatest day, and definitely is a great way to start your day. *Today*, like most Smashing Pumpkins songs, features the iconic loud guitar sound. The biggest debate is probably between the albums *Siamese Dream* and *Mellon Collie and the Infinite Sadness*. Specifically which album is better. Which do you think is superior?

### Radiohead- Alternative

Radiohead is almost like poetry. Some of their most popular albums consist of *Kid A*, *In Rainbows*, *The Bends*, and *OK Computer*. Radiohead's music is calmer and more laid back. The band consists of five members, including lead singer Thom Yorke. If you listen to the lyrics closely, you will be caught by surprise from what he is actually saying. I recommend giving all of their songs a try. Specifically *Fake Plastic Trees*, *Karma Police*, and *High and Dry*. Afterwards, I encourage you to look up the lyrics to some of the songs you listened to. A fun activity that you can do with your family is write some poetry afterwards. Like I said, Radiohead is very much like poetry. See where this adventure takes you!

### U2- Rock

U2 was formed in Dublin, Ireland on September 24th, 1976, after 14 year old drummer Larry Mullen Jr. posted a note on his school's notice board asking for some musicians to start a band. Over time, the band got smaller and smaller to the current line up of just 4 people. "This odd group of people convened in my kitchen in Artane. And that's where it started," said Mullen. U2 is now one of the greatest rock bands ever. The album that really made them popular was *The Joshua Tree*, released in 1987, when lead singer Bono (real name Paul David Hewson) was just 27 years old. It secured their title as one of the best rock bands to rise from the 80's. Some popular songs in *The Joshua Tree* I recommend trying are *Where The Streets Have No Name*, *With or Without You*, and *I Still Haven't Found What I'm Looking For*. Afterwards, continuing to build on their reputation, they released *Achtung Baby* in 1991. I recommend listening to all the songs in that album. Another great song to start your day off is *Beautiful Day*. Lastly,

practices and has had only one tournament, when normally she would have had three by this time in the season. Also, her team is not allowed to have normal scrimmages because they must practice social distancing on the ice. She is not required to wear a mask during games when her helmet is on, but must wear one when she is not on the ice. She has shorter practices, but more days, so the total practice time is the same. Tayden still loves hockey, but she says it has become more challenging because she spends more time conditioning.

Soccer player Dimitri Hanjis from 804, reports, "This pandemic has greatly affected the experience of my sport. To begin with we always had to live with the caution of the pandemic. My team has not been able to attend national tournaments, which are always extremely fun." He also said that he "switched teams because [his] team in Manhattan was not having enough practices. As it was though, [his] team was still only doing three practices a week and games. [He] was allowed to practice with other teams in the club so that [he] could get more time practicing." He explained that due to the fact that his league is not privately owned, they were required to wear a mask. He too has done more conditioning. He said that he misses soccer the way it used to be just a year ago. His team was not able to finish their last tournament "before it closed down due to skyrocketing cases in New York State." He added that "it is important for kids to stay committed to their sport and their well-being."

Rock climber Beckett Jones from 801, feels that the pandemic did not affect his sport too significantly, but he tells us that fewer climbers are permitted in the gym per session, and like other sports, they have to wear masks, practice social distancing, and the equipment must be cleaned every two hours. He also does more conditioning exercise these days. Beckett's love for rock climbing has not diminished - instead it has become one of his main activities.

It is clear from talking with Tiger athletes that the pandemic has changed their favored pastimes in various ways, which, at times, can be frustrating. Competitive sports is a large aspect of

Argentinian players to doubt themselves. But then, in the 85th minute, Maradona pulled a genius pass to Jorge Burruchuga, who went on to score the winning goal, cementing his god-like status in Argentina.

All in all, soccer has lost a legend. Rest in peace Diego Armando Maradona, gone, but not forgotten. That's all for this month, and, once again, rest in peace Maradona.

Photo Credit: cbssports.com

Source: Diego Maradona (Documentary)



## The ESMS Debate Page

By: Rhone Galchen and Gail Tromer

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 month's topic: Should people wear masks while playing sports?

Yes - Rhone Galchen

Hello my name is Rhone Galchen and I think that people should wear masks while playing sports. The Coronavirus has taken the lives of 1.69 million people worldwide, and 76.5 million people have been infected, so why would we contribute to the spread of this deadly virus by playing without masks? The Coronavirus is not going to stop spreading just because we are playing sports. We can see this by the spread in the professional leagues. On July 21st, 20 players and staff of the Miami Marlins had the Coronavirus. It is not just restricted to baseball of course, as the Baltimore Ravens had 18 players with the Coronavirus on November 28th, and in soccer, high profile players such as



*Sunday Bloody Sunday* is another great song about war. It describes the fears and hardships of conflicts between Northern Ireland and the British. It is specifically inspired by an event where numerous peaceful, unarmed North Irish protesters were shot and killed by British soldiers. This event today is known as Bloody Sunday. To date, U2 is still performing and still thought to be one of the greatest rock bands by most.



Coldplay

### Coldplay- Alternative

Coldplay, an English band, is led by pianist and vocalist Chris Martin. Formed in 1996, they have had very successful albums. Some upbeat songs that you might enjoy are *The Scientist*, and *Clocks*. The entire album *A Rush of Blood to the Head* is great. It was inspired by war and the fears we all share. If you are looking for a sadder and slower song, try *Fix You*. A sad tone, and yet, it is a happy-sad type of feeling. Towards the end of the song, you can feel it warm up as other instruments start to kick in, and your feelings will naturally follow. Most of the other songs, such as *Yellow*, have this slow, but steady feeling. Lastly, a song spreading positive vibes, *Adventure of a Lifetime* gives listeners a sense of the diversity and challenges we all face in life. In general, Coldplay has a diversity of tones and moods to their songs.

### Joy Division/New Order

Joy Division was later transformed into New Order. Both are very different. Ian Curtis, the lead singer of Joy Division, had a very deep voice, which brought a sense of deepness and smoothness to the music. Meanwhile, Benard Sumner, who originally founded both New Order and Joy Division, led New Order down a path of more electronic music.

many ESMS student's lives; we are happy to report that for all of the athletes that we talked to, their love for their sport has not been dampened due to the pandemic adaptations - it's still game on! Go Tigers - ROAR!

Photo Credit: npr.org

## 10 School Related Crafts

By: Tayden Eagle-McAvoy and Anna Hsu

Have you had a hard and frustrating day at school? Well, here we can give you 10 crafts that could take your mind off of your stress and keep you motivated when you're working toward finishing your assignments. We will include videos and pictures on how to do the various crafts in the body paragraphs of the article. These crafts range from being helpful toward socializing with your class to customizing your school supplies.

Our first craft will be designing your notebook. Grab some stickers and add them on to the cover of your notebook. These stickers can be whatever you want them to be. If you don't know what stickers to put on your notebook, you can use ones that resemble what you like to do and ones that make you laugh. This can ensure that when you open your notebook, instead of thinking of all the school work needed to be done, you'll have a smile on your face. If you want to take this a whole step further you can draw your own doodles and cartoons to glue on. An additional benefit is you'll always know which notebook goes with which subject because of their individual colors and design.

If you're having trouble keeping up with your school subjects, a to-do list is a great way to stay organized. Simply write down all the assignments or quizzes in one place you are sure to check, so you never miss any of your work. A to-do list doesn't always have to be for assignments, it's a great way to keep track of things like activities and chores. On the border of your paper you can add some jokes or drawings like a mini volcano that reminds you of what subject or exact thing you are studying. You can also spend a bit more

Ronaldo, Neymar Jr, Paulo Dybala, Kylian Mbappe, Mohamed Salah, Sadio Mane, and many more have tested positive at one point during the pandemic. Therefore, why would we risk the health of ourselves and our families just because it is a little hard for us to breathe when running and playing a sport? If we do see our grandparents or just someone who is at risk of dying from Coronavirus, we could be giving it to them just because we played sports without wearing a mask. Overall this debate boils down to what is more important, the health of your family and loved ones, or not being uncomfortable and getting tired quickly when playing a recreational game. The answer of course to that question is the health of our family.

No - Gail Tromer

When playing sports, you usually need to use more of your energy than usual. For example, running, jumping, and skipping are all things that you use higher effort compared to usual. For these activities, you need more "fuel" or energy. One of these fuels is actually air. So you must breathe deeper, and faster to breathe more air.

When wearing a mask, it blocks some of the air that comes towards you. The mask is stopping the air and making your breath much slower, and less strong. If you'd wear a mask while playing sports, it would not only block some of the air that comes towards you, but it would also block some of the air that you need. The result is that you have less air to breathe and less air that you need, and this is actually weakening you, and interfering with your effort to get better and succeed in your sport.

If, for example, you were running, and wearing a mask, it would just make it harder to breathe and weaken you and make you slower. At some point you would just have to stop, rip off your mask, and gasp for air. You can only last so long with a mask while running.

You shouldn't wear a mask during sports because really all it would do is make you slower, weaker, and cut out some of your air.

### Joy Division- Alternative

Joy Division, formed in 1976, became very popular, until lead singer Ian Curtis tragically took his own life. As I explained earlier, his deep voice brings diversity, unlike many other songs. Additionally, unlike New Order, the music is more raw. While their reign was short, from 1976 to 1980, they produced some great music. Listen to the album *Substance*, specifically *Transmission*, *Love Will Tear Us Apart*, *She's Lost Control*, and *Atmosphere*. *Atmosphere*, out of all the songs, is probably the deepest in tone. "Don't walk away in silence," is a common phrase in the song. It sets a very downhearting and depressing mood. After the unfortunate death of Ian Curtis, New Order formed from the surviving band members.

### New Order- Electronic Alternative

New Order was formed from most of the members from Joy Division, and some new faces. They have long songs due to the electronic music and the layers of beats and sounds that slowly add in. Sometimes their songs just start with a simple beat, then the guitar kicks in, then more drums, and then vocals. And before you know it, the sounds transform from something simple into something layered in a diversity of instruments. You'll notice this a lot in *Blue Monday*. *Blue Monday* starts with a simple drum beat, then other instruments slowly join in. I recommend also trying *Age of Consent*. Some other great songs are *Bizarre Love Triangle*, *True Faith*, and *Love Vigilantes*.

### Depeche Mode- Electronic Rock

To finish off this list, we have another electronic band. Unlike New Order, this leans more towards rock. Depeche Mode just recently entered the Rock and Roll Hall of Fame. *Black Celebration*, released in 1986, was just the start. It continued to build on their reputation of a great electronic rock band, with roots from synth-pop and industrial music. Following the release of *Black Celebration*, in 1990, was *Violator*. *Violator* is perhaps their most popular album, to some, it's a masterpiece. Try listening to *Policy of Truth*, *Black Celebration*, and *Personal Jesus*. Some other good jams are *Never Let Me Down*, and *Everything Counts*.

These bands are just some of my preferences, but I hope you take a liking to

time and organize your to-do list with different fonts and/or colors.



After an exciting school day I like to sit down and take some time to write my thoughts down in a journal. Journaling can relieve any negative thoughts or worries that have happened throughout the day. Universal Publishing has said that writing things down helps us remember and comprehend information. They claim that writing is a very valuable learning tool. Universal Publishing has also included that journaling provokes reflection and encourages students to make connections to what is really important to them, the curriculum, and the world. Now that you know the benefits of journaling, we can show you how to get started. As we go about our busy days, we may not realize when we are in a negative mood. We may try to ignore it, but doing so may lead to built up emotions and stress. This is a problem, because stress has an effect not only on our minds, but also on our bodies. Ms. Diaks, a sixth and seventh grade science teacher, recommends journaling. She says, "Our muscles may feel tense and sore. We may have headaches, or stomachaches. Journaling can help people deal with their emotions because as they write their thoughts, they become aware of how they are feeling, and bring themselves one step closer to addressing a problem before it gets too large." She says that journaling is great for all ages and it makes it easier to control and regulate emotions. If you haven't tried

For all of these reasons I strongly believe that while playing sports, you should not wear a mask.

What do you think? Should people wear masks while playing sports? Send in your answer to [jacob.abroon@esmsnyc.net](mailto:jacob.abroon@esmsnyc.net), and the results will be shown in the next issue!

Photo Credit: amazon.com



## What People Did Over Break

By: Maeve Redmond and Athena Shevorkin

Are you wondering if anyone did the same thing you did over winter break? If so, this is a good place to find out! Most students stayed where they were, but some travelled. Based on our survey of 51 people, we found out that 35 people (68.6%) did not travel, while 16 people did travel (31.4%).

People went to a variety of places. 2 people, (who went anywhere at all) stayed in the state (3.9%). However, many others ventured out. With our results, we found that 5 people (9.8%) went to Florida, 4 people (7.8%) went skiing all over the U.S., and 5 people (9.8%) went to other places in the U.S.

People travelled in lots of different ways. 10 people (19.6%) drove to where they were going and 5 people (9.8%) flew somewhere. Also, 2 people (3.9%) used other forms of transportation.

Unlike some of this data, what everyone is planning on doing over the break, stays similar. Almost everyone is

them and it gives you an opportunity to try some new music. Rock out and enjoy!

*Photo Credit: Wikipedia*

## 20 Positive Facts From 2020

By: Jacob Abroon

2020 is finally over. From the worst virus in decades, arguably centuries, to the suffering of business, large and small, 2020 will be regarded as one of the worst years of the 21st century. However, there were some bright spots. Here are 20 positive facts from 2020 (in no particular order).

1. A vaccine for a virus was produced in a matter of about 6 months. A record pace.
2. We were able to understand a new virus and create potential treatments in a matter of months.
3. Greenhouse gas emissions greatly decreased
4. Racial justice in America gained traction and attention.
5. The first female vice president was elected to office.
6. Doctors and other healthcare workers gained the respect they all deserve.
7. We all realized how important family is to every one of us.
8. Sports showed its importance in American culture.
9. A new era of space travel began.
10. Important substances from space that could show scientists the origin of the universe were collected.
11. The right to vote prevailed in America as a record amount of votes were cast in the presidential election.
12. The 75<sup>th</sup> anniversary of the end of World War II was celebrated.

journaling before, I definitely recommend giving it a try!

Are you tired of looking at your plain laptop cover? Decorating your laptop cover is a fun and simple craft. Simply take a sheet of paper and draw anything you want. This could be some cool scenery or a to-do list you taped to your computer so that it's easier to remember what work needs to be done. It could even be fun to draw several doodles. This doesn't have to be anything fancy, just remember anything is art as long as it has meaning to you. To protect your laptop art, I would recommend covering it with strips of packaging tape. This will allow you to wipe away any water or dirt. You can also purchase a clear laptop case that fits your computer, it can be used to have a sheet of paper you created your design on.

If you find yourself wanting to ease your stress from a hard math problem or school conundrum then I would use this fun activity of making your own whiteboard. These are some materials you will need: A blank piece of any color paper you want, tape, and markers. Take the blank piece of paper and tape the whole page. Tape the page vertically. Now you can draw with a marker on the post-it and wipe it off. It gives you a surface to draw on and erase, then draw again.

Sadly at a certain point, books often no longer include images, or they might not look as you imagined they should. The sixth craft is designing your own character sheets for your favorite book. This is a great way to express your thoughts. This is a craft anyone can do. First, find a description of a character or characters from a book you enjoy, then sketch away! If you find it difficult to find a description of one of the characters, no worries. This is when creativity comes in and you can use your imagination. Sometimes it can be helpful to think of your character's hobbies/interests to get started. If there is a cover already and you can't think of something else, it could be fun to tweak your characters, such as gender bending them. This is also a great way to interact with others like a book club.

either spending time with family or Zooming with them to stay in touch.

There were a lot of ways that you could have relaxed during this break. You could have caught up on reading, or you could have just hung out all day and watched TV. You could have found new hobbies, tried new things, learned how to play a new game, or master one! There are many ways that you could have taken advantage of this time off from school.

One challenge we have all been facing is how we can stay connected with family and friends, and this was especially crucial during the break when we won't even be seeing each other every day in school. Some tips can be to set up weekly or daily Zoom meetings and/or calls. If you want to talk to some of your classmates you can email them. Remember, everyone's email is:  
[firstname.lastname@esmsnyc.net](mailto:firstname.lastname@esmsnyc.net).

There are a lot of ways that people travelled around the country, but one thing is all the same. Everyone is missing family and friends during this pandemic and we all want to see them, but it is difficult to meet them safely. This is a challenge that people have overcome with the wonders of the internet. I hope you enjoyed reading this article and you had a wonderful winter break!

*Photo Credit: geology.com*

## Holiday Recipes

By: Alexis Choi and Olivia Choi

### Peppermint Pie



*Photo Credit: Saving Room For Dessert*

This delicious, moist pie is super festive and perfect for celebrating the



13. The U.S. recorded the largest one-day gain in the history of the Dow Jones Industrial Average.
14. Everyone saw how important movies are to the American culture.
15. There was a great deal of progress in securing peace in the Middle East.
16. Computer technology was greatly improved.
17. A completely new form of learning began, one that could help thousands of people even after the pandemic.
18. Millions of people celebrated births, milestones, and weddings.
19. Sports champions were crowned.
20. Millions of people learned new skills, and gained new hobbies.

Of course, the positives do not outweigh the negatives, but 2020 has been an incredible year, with both tragedies and major accomplishments. From records in business and medicine, to progress in space exploration and peace in the Middle East, 2020 was full of great things. You probably experienced great things yourself, from celebrating a milestone in your life or the life of someone close to you, or finding a new passion. Setting records in business, science, technology, engineering, sports, entertainment, and politics, 2020 will definitely be in the history books.



The seventh craft is leading your own homeroom activity (make sure your teacher allows this first). This is a great way to share your hobbies and interests with your classmates. This can also help build friendships with classmates. This can be a social time for anything you want. It could be a musical performance or a time for you to teach your classmates your favorite hobbies like origami, sketching, even tricks. Leading your own activity is also a great way for your classmates to learn more about you. Take a sheet of paper and plan out your schedule of the topic you're going to talk about. I would recommend making a slideshow for the "presentation," because you get to design your own background, pictures and add GIFs.

Sometimes it can be frustrating to always lose your page from your book or having to fold down a corner on the perfectly smooth page. To prevent the nuisance of losing a page, you can make an origami bookmark! Origami bookmarks are a fun way to recycle paper or include something colorful into your books. This is something that anyone can do. For beginners, I would recommend the origami corner bookmark by ColorMania on youtube: <https://www.youtube.com/watch?v=E2LU6-X3zoE>. If you want a challenge I would recommend the heart bookmark by Jo Nakashima: <https://www.youtube.com/watch?v=gml2j4bvT88>. You can also find more by searching "origami bookmark" on youtube or "origami bookmark instructions" on Google. This craft is super fun and most only include one square sheet of paper.



holidays. It's light and fluffy, and popping with all the flavors of the holiday season!

#### Ingredients

- 9 ounce package of chocolate wafer cookies
- ½ a cup unsalted butter, melted
- 2 tablespoons granulated sugar
- 1 (0.25) ounce package plain gelatin (About 2 ¼ teaspoons)
- ¼ cold water
- ½ teaspoon peppermint extract
- 3 cups heavy whipping cream
- 1 cup soft peppermints, crushed
- ⅓ cup sifted powdered sugar
- ½ teaspoon vanilla extract

#### Directions

Preheat the oven to 350 degrees. Add the chocolate cookies and granulated sugar to a food processor and pulse until crushed to a fine crumb. Add the melted butter and pulse until mixed. Spray a nine-inch pie plate with cooking spray. Gently press the crumb mixture into the bottom and up the sides of the pie plate. Bake for 7-8 minutes. Remove from the oven and cool to room temperature.

In a small bowl sprinkle gelatin over the cold water and set aside to soften. Measure ½ cup whipping cream in a small saucepan. Add 1 heaping cup of the crushed peppermint candy. Cook over low heat until all the candy is melted. Remove from the heat and add the softened gelatin and peppermint extract. Set aside to cool to room temperature. Don't allow the mixture to cool too long and become set. Beat 1 ½ cups of heavy whipping cream until stiff peaks form. Gently fold the peppermint mixture into the whipped cream until almost blended. Spread the filling into the pie crust and refrigerate until set-about 2 hours.

Garnish with additional sweetened whipped cream and crushed peppermints as desired. The extra crushed peppermint adds a good sweet crunch to this pie without making it overly sweet. Garnish away!  
Finally, eat!



Photo Credits (from top to bottom): USA Today, CNBC, YouTube

## The ESMS Student Council

By: Ahana Chandra and Dale Heller

By now, you have probably heard of Student Council, or at least some of the committees that are a part of Student Council. Hopefully you have even joined some of these committees!

One example of a committee in Student Council is Elana Koenig's Crazy Socks Program, which helps to design and donate fun socks for children battling cancer and provides financial and emotional support to the families going through this. They have organized 10 bake sales for 10 families with a child battling cancer! Some other committees inside Student Council include Map Committee, Anti-Hunger Committee, SKYPE Kenya, and many more.

Whenever we meet, we discuss topics of interest that are important to the city and the school. On November 30th, we talked to Tricia Shimanura, who is running for City Council, about our ideas for the city. We asked Alexandria Chu, one of the Student Council members about how it felt to have the ear of an important political figure listening to the members' ideas. She told us, "I feel that it's a great thing that Tricia Shimanura came and asked for our opinions because it all starts with the students' feelings and concerns." At the meeting, each member voiced their opinions about possible improvements for the city's schools and what they thought was important to consider. Alexandria continued by saying, "It's not only the adults' point of view, but it's also the students' points of views that greatly contribute to the council."

Photo Credit: Pinterest

If you have a test coming up try this craft. It is making your own flash cards. The materials you will need are a couple pieces of paper, some scissors, and tape. First, you're going to cut a thin piece of paper out. One inch wide and four inches long. Now cut about 20 pieces out with the same length and width of paper and cut a whole in the middle on the top. Now that you've done that, take the one by four inch piece of paper you cut out earlier and fold it in half. Put the folded piece of paper through the holes of the 20 pieces of paper you cut out earlier. Tape both ends of the one by four folded piece of paper together to make a ring. Now you're done! It's a great study tool.



The last school related craft is making your own backpack keychain (a pom-pom). This craft doesn't have to be a keychain, the possibilities of what to do with your pom poms are endless. Let your creativity flow! For this craft you will need a fork (preferably long and metal) and at least three yards (nine feet) of any colored yarn you'd like. To make the pom-poms, wrap the yarn around the long tip of the fork. Make sure there is room on the bottom, see the picture below. Then take a seven inch piece of yarn and insert it into the middle gap of the fork and double knot it tightly. It is very important to tie it tightly so the pom-pom does not fall apart. Then remove the pom-pom off of the fork and cut each loop in half. Don't worry if the pom-pom is uneven. To fix this problem, you can even it out using scissors. Using the long piece of yarn, you can attach it to a hook or zipper on your backpack. This craft does have a few steps, but looks really cool when you make several together, so I would definitely recommend making some.

## Rugelach



Photo Credit: allrecipes.com

This rugelach is crispy and filled with all of the savory toppings you could want. It is a wonderful pastry that will satisfy your hunger.

### Ingredients

- 2 cups all-purpose flour
- ¼ teaspoon salt
- 1 cup salted butter
- 8 ounces of cream cheese (1 package)
- ½ cup sour cream
- ½ cup white sugar
- 1 tablespoon ground cinnamon
- 1 ½ cups and 2 tablespoons finely chopped walnuts
- ¼ cup and 3 tablespoons raisins

### Directions

Cut the butter and cream cheese into small pieces. Pulse the pieces with flour, salt, and sour cream in a food processor until it's crumbly. Shape your mixture into four disks and chill in the refrigerator for two hours up to two days. Mix the sugar, cinnamon, chopped walnuts, and finely chopped raisins or chocolate chips. Roll the disks into a nine-inch round, while keeping each disk chilled up until the second you roll them. Sprinkle round with sugar/nut mixture. Press lightly into dough. With a chef's knife or pizza cutter, cut each round into 12 wedges. Roll the wedges from wide to narrow, you will end up with a point on the outside of the pastry. Place on ungreased baking sheets and chill rugelach 20 minutes before baking. Preheat the oven to 350 degrees F (180 degrees C). After the rugelachs are chilled, bake them in the center rack of your oven for 22 minutes until lightly golden. Cool on wire racks. Store in airtight containers... they freeze very well. Or you can just eat them all!

Variations: Before putting the filling on the dough, use a pastry brush to layer apricot jam as well as brown sugar. Then add the recommended filling. You may also make

Student Council also values the feedback of the students of ESMS. In Student Council, representatives from each homeroom were elected by their classmates. The representatives have their class's best interests in mind when contributing to Student Council. We interviewed Student Council members who were elected as class representatives in prior years, Shriyans Boddu and Daniella Solomon.

When asked what inspired them to run for Student Council, Shriyans said, "I genuinely thought it would be a great experience to actively be a part of the student body where I had the opportunity to make a difference in the day-to-day lives of my peers." Daniella had another take on it. She says, "I did not like taking initiative, or making speeches, or really anything of the type. I decided to challenge myself, and figured I had nothing to lose." She encourages students to try something new, even if it's outside their comfort zone. Being a representative isn't just about acting on your classmates' ideas, but also informing them about school events. "I also took it upon myself to inform my peers of anything they were curious about regarding school events, such as bake sales, food drives, etc." Shriyans said. As a final question, we asked them what their favorite aspect of Student Council is. Daniella's response was, "I like that you can pitch the weirdest, biggest idea, and people won't look at you like you're crazy, as long as it's a good idea, they'll just help you make it come to life!" Similarly, Shriyans told us, "All in all, my favorite part of the student council is the opportunity to collaborate with other students who are also aspiring to change things for the better. It inspires me to work harder to make my goals a reality."

In the past, members of Student Council testified in Albany to get more guidance counselors in schools, while others collaborated with Juliane Dressner to air her film, *Personal Statement*, and raise awareness of the importance of guidance counselors in high schools when students are going through the college process. Many other Student Council Members collaborated with City Councilman Ben Kallos, who represents our district. Student Council Members spoke at the ribbon cutting of the Women



These crafts may look difficult, but they aren't. I definitely recommend trying them to help when you're having a frustrating or difficult day. They are a fun way to organize your school supplies, they can help you destress, and look great. I hope you enjoyed this article!

## ESMS School Spirit Unraveled

By: Nora Cassetta

The Tiger Times recently surveyed 8<sup>th</sup> graders to ask about school spirit at ESMS. As we made it to the end of the most challenging year in the history of ESMS, we wanted to check in to ask how our community is holding up. The responses were overwhelming, which alone might be a hopeful indicator for our school environment and spirit. While there were many thoughtful and positive responses, the majority of participants in our survey prefer to be anonymous.

The first question asked, "If you hear 'School Spirit,' what is the first thing that comes to your mind?" Some respondents answered, "I think of spirit week and all

a mixture of cinnamon and sugar and roll the rugelach in this prior to putting them on the cookie sheets.

### Cupcake Decorations



Photo Credit: metiza.com

## The ESMS Riddle Page

By: Jacob Abroon

1. Every person has me. If you are smart, I will go up. While some try to hide me, I will always show. Some people want me, yet some people don't. What am I?
2. I can survive a fall from the tallest building, but if you put me in water, I die. What am I?
3. Think of the color of clouds. Then think of the color of snow. Then think of the color of a full moon. Now, quickly answer this question: what do cows drink?
4. I can be ridden and held, yet I weigh much, much more than the average person.
5. How many letters are in the alphabet?
6. What body part is spelled with three letters, uses only two different letters, and is pronounced as one letter?
7. What positive whole number is a perfect cube and a perfect square? The cube root of this number is a perfect square, and the square root of this number is a perfect cube.



in Need house, a shelter providing multiple social services for formerly homeless women and their families.

This year and beyond, Student Council aims to create new committees and organizations, such as an anti-racism committee. Anti-racism is an extremely important topic in our world, especially because of recent racially discriminatory events. Student Council also hopes to continue working with Tricia Shimanura and other political figures in our community. We would love to hear your suggestions and ideas to make this school and our community a better place for all of us. Contact your class representative, or us, if you have any ideas. Our emails are:  
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## Mink Massacre: Microorganism Mutation

By: Alexis Choi and Olivia Choi

There has been a mutation of the Coronavirus detected in many minks of Denmark. This mutation of the coronavirus is carried by a protein called ACE2 that also receives the spike protein of the Coronavirus. When the spike protein and ACE2 come in contact with each other, people can get infected with the virus.

The spike protein is a foundation for most vaccines, but there were seven mutations of the protein. One of these mutations had four genetic changes to its spike protein that makes it more immune to potential vaccines. That means that there is a new form of the Coronavirus which endangers the possibility of a coronavirus vaccine in the future. The changes could also allow more hosts of the virus;

the things we do during spirit week," "Representing our school in a positive way," and, "I think of everyone uniting as one."

Next we asked about the purpose of school spirit. A reoccurring response was that the purpose of school spirit is to create a sense of community. For example, Keira Krisberg from 805 answered, "I think the purpose of school spirit is to bring people together to show how much students enjoy their school." Daniel Shaw from 801 responded, "To build the school community and promote a sense of camaraderie amongst the students and teachers." Two anonymous answers were, "I think that the purpose of school spirit is to help everyone in the school come closer together and build a stronger bond with each other," and "To motivate people."

We then asked what students think about school spirit at ESMS. This question revealed opposing views. Shari Mertz from 804 responded that, "There's not much of it." That sentiment was shared by several responders who wished to remain anonymous. To the contrary, Dora Fields from 803 answered, "I enjoy celebrating Spirit Week and I feel like it is a fun experience for the students." Similarly, several responders who did not wish to be named answered that the school spirit at ESMS is strong.

We also asked if there is anything about ESMS's school spirit that should be changed. Valentine Griet from 804 said "Maybe during online school there can be more interactive ways to show our school spirit but besides that, there is nothing that I think should be changed." Interestingly, 67 out of the 87 respondents also said they did not see a need for change. Tessa Kolovarsky from 801 suggested this change, "I think the sixth graders should be included in future online school wide activities."

The survey asked those that are okay with the current school spirit to identify positive aspects. Several eighth graders who wished to remain anonymous said, "Being positive," "I think the best part about ESMS school spirit is that everyone works together," and, "Everyone coming

8. What is the next letter in this sequence:  
**O - T - T - F - F - S - S - E - N - T**
9. What has a neck but no head?
10. What can be extremely thick, yet is not tangible?

**See the bottom of the issue  
for answers!**

## The Meaning Behind The Mascot

By: Dale Heller

"Remember to be kind to each other. Go, Tigers, ROAR!" If you were a student at ESMS before the pandemic hit, you probably remember this mantra. After all, it was announced daily over the loudspeaker.

Our school motto isn't the only place where tigers are present. The staircases at ESMS are decorated with tiger illustrations. A seventh grade art assignment asked students to create a picture of a tiger in the likeness of renowned artists such as Claude Monet or Johannes Vermeer. Even the newspaper you are currently reading is called the Tiger Times! But did you ever really contemplate why we are called "tigers"?

To better understand what our school mascot represents, Mr. Getz, the principal of East Side Middle School, and Keira Krisburg, an eighth grader at ESMS, shared their respective thoughts. According to Mr. Getz, "I think the goal of the tiger is to inspire aggression and ferocity in the pursuit of victory. I'm not sure if it works out that way in real life. Our teams have been pretty good in competitions, but that has probably been a result of good coaching and players feeling committed to working with their teammates." Keira said, "I think that the tiger adds a sense of community and togetherness to our school as we are all tigers. It also promotes an inclusive culture among students making them feel engaged and comfortable at ESMS." She

consequently more species would be infected. It could also permit the virus to spread with more ease.

Since multiple mink farms were contaminated, government officials ordered the minks to be sprayed with poisonous gas for the sake of minimizing COVID cases. Although the transmission of diseases between animals and humans are rare, the government decided not to risk it spreading. This may have been a necessary precaution, but it resulted with millions of mink deaths, including in other places. 8,000 minks in Utah and 3,400 in Wisconsin died because of COVID, and 92,700 minks were culled in Spain after 87% of the minks tested positive. Out of the approximately 35 farms in Sweden, 10 have diseased minks, though Sweden is not expecting to cull any minks.

The government officials feared the worst, which was that this situation would manipulate the whole pandemic into beginning all over again. Because of this, they ordered every single mink to be culled rather than to face the pandemic once more. Millions of minks were already killed when it was discovered that 207 out of Denmark's 1,139 farms had minks that were Coronavirus victims. All minks within 4.8 miles on any side of one of those farms were killed by a gas called carbon monoxide (Since there are plentiful numbers of minks living adjacent to each other, the virus spread instantaneously among them and the rule was inevitable). 17 million minks were deceased afterward, whether or not they had Coronavirus because of this policy. This was a terrible loss, as minks were the third-largest agricultural exports in the entire country, and Denmark produced more minks than any other place in the world. They produced 12.83 million mink furs in 2019.

"This is a decision that we, as a government, make with a heavy heart," said Mette Frederiksen, the Prime Minister Of Denmark. "I would like to express my sympathy for the Danish mink farmers. Many of you will lose your life's work."

The mink farmers have lost their entire lives' work, and the entire mink population of Denmark lost their lives.

together as a community to support the school."

Although it was not included as a survey question, many eighth graders added that the pandemic has negatively affected school spirit. The following are some responses that share this opinion: "I think that before schools were shut down, school spirit was great! Students and teachers wearing ESMS clothing, going to the gym to cheer on our classmates, it was all great! However, I think that school spirit during remote learning is not as fun as it used to be for obvious reasons," "Even though we're away from the school, there should be something that ties us together and makes us feel like a community. I haven't seen that recently," and, "ESMS's school spirit functions well in person, but over Zoom it can be hard to demonstrate. So maybe some sort of idea where it could be adapted onto Zoom, or something, I'm not exactly sure. I just know that the school spirit is a lot lower virtually compared to in person."

Many of the survey responses encourage us to look for new ways to maintain and promote our school spirit. It is a good sign that so many students chose to participate in this informal survey, and that the majority responded in a mainly positive way. Despite all the changes and challenges of the past nine months, the survey shows that we value our school community and want to work together to emerge from the pandemic with even stronger school spirit. Go Tigers! ROAR!

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## The ESMS Joke Page

By: **Skyler Cheng-Chapman**

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How do oceans say hi?

They wave

**Submitted by Carlos Ahearn**

Did you hear about the painter who was hospitalized?

They said it was due to too many strokes.

What did the tie say to the hat?

You go on ahead, I will hang around

What do you call someone who is afraid of Santa?

continued, saying, "I believe the tiger gives our school a differentiated identity while adding to the environment and spirit of our school."

Even though students often took creative liberties in loudspeaker announcements, including, "Go, Tigers, OINK" or "Go, Tigers, MEOW," tigers remain an important part of our ESMS identity. They symbolize our fierceness, and our ability to persevere through adversity, such as the Coronavirus pandemic. Mr. Getz said, "Maybe some of that ferocity and aggressiveness from the mascot was infections. I am not sure. We would have to use contact tracers to determine that, and all the contact tracers are busy with COVID-19 right now." We can choose to believe that, or we can choose to believe that tigers are naturally courageous and resilient, and so are we.



Photo Credit: [esms.org](http://esms.org)

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## ESMS Book Reviews

By: **Anna Rodriguez**

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*Cinder by Marrison Meyer*

This is a story where both humans and androids make up the population of the city of New Beijing. A deadly plague sweeps through its streets, infecting thousands of people. From space a ruthless lunar people watch the plague sweep through, waiting to make their move. They do not know that the fate of Earth is depending on one girl.

16 year old Cinder is a cyborg. She is despised by her stepmother and lives as a second class citizen with a mysterious past until Prince Kai comes to ask her to fix his android. Then her life is changed forever. There is something unusual about Cinder, something that others would kill for. I like this story because it has ties with the fairytale Cinderella, with a modern

Photo Credit: Diego Azubel

## Things To Do To Socialize

By: Tali Ben-David

During COVID-19 there have been many struggles for many people. One of them is socializing. A lot of people, including me, are not allowed to see other people indoors. Some people Facetime, but not everyone has each other's personal information. There are many ways to get to know other people and socialize, but some people are comfortable with certain things, and others aren't when it comes to COVID.

### Zoom

Creating Zooms with friends is always an option. Some people like it and are definitely more comfortable with it since you're not in direct contact with anyone, but it does have its pros and cons. Zoom is good because there are breakout rooms, so you're not in one large group, and you can talk to a smaller group of individuals. It is definitely safer than in-person meetings. However, there is not too much you can do, as it's harder to talk since you're in one large group, and that means you are talking to everyone, and a lot of people find it easier to talk face to face. It might be an option, but it doesn't work as well for everyone. People need more direct in-person interaction and people are comfortable with merely seeing others.



Photo Credit: houseparty.com

### Suggestions

People meet outside and see each other with masks which is safe. Some people meet inside which can be made safe but not completely. All 6th graders are new to the school and want to meet new people, but you can't really talk during in-

Claustrophobic.

Did you hear about the angry stick who kept getting stepped on?  
They just snapped.

What do you call an alligator in a vest?  
An Investigator

What do you call a sheep with no head and no legs?  
A Cloud

What do you call a person with no body, and no nose?  
No body nose

Where do sheeps get wool cut?  
At the Baa baa shop

What do you call a dentist in the army?  
A drill sergeant.

What do you get when you cross a fridge with a radio?  
Cool music.

What happens to an illegally parked Frog?  
It gets toad.

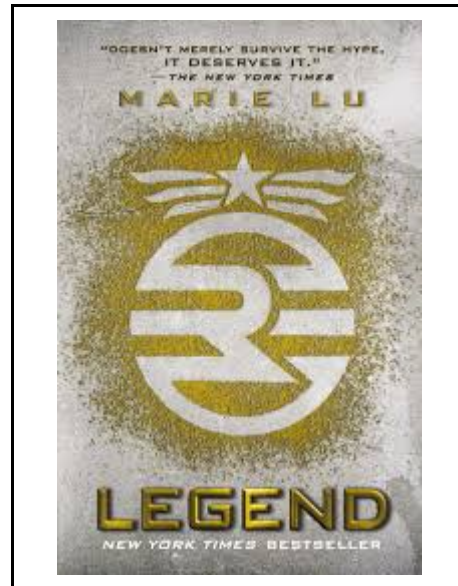
Why did Goofy put a clock under his desk?  
Because he wanted to work overtime.

### Answers To The Riddle Page

1. Age
2. Paper
3. Water
4. A horse
5. 26
6. The eye
7. 64
8. E (Eleven)
9. The woods
10. An accent

twist. This is the first book in the series called the Lunar Chronicles and I find the series very interesting and exciting. I recommend this book to you if you are looking for a thrilling tale of adventure and excitement.

Legend by Marie Lu



June and Day had no reason to cross paths before until June's brother is murdered and Day is the prime subject. June is the republic's top prodigy while Day is the republic's top criminal. One day, June's brother is murdered and Day is the prime suspect. They realize that the conspiracy goes far deeper than they thought.

This dystopian novel is one of my favorites because I like the twist that you would never expect and how the plot goes far deeper into the roots of the story. Legend is the first of four in the Legends series and I recommend this book to you if you liked the Hunger Games and you would like to read another book within a similar thread.

Renegades by Marissa Meyer

Renegades is another dystopian story by Marissa Meyer. The Renegades are a syndicate of prodigies dedicated to keeping their world safe from the so-called anarchists. Nova does not believe in the Renegades as when she was six, Captain Chromium; their leader promises to keep



person school. A thought that I have is we can have some time at the beginning of homeroom, and we can be put in breakout rooms. People can join and talk to each other.

There are things such as online Zoom magic shows, book clubs, zoos, baking or cooking classes that you can do with your friends if you want. There are many apps you can use to either meet new people or play games with friends you already have. Some apps you can use to play games with friends are Battleship board game, war card game for two players, The game Snakes and Ladders, and Houseparty. A website I recommend using is Teleparty, (it used to be called Netflix Party). You can look up Netflix and click on the link that takes you to [www.netflixparty.com](http://www.netflixparty.com), or just look up that website up then follow the instructions on that website from there. You can watch movies and chat at the same time with whoever you want.

In conclusion, there are many ways to meet new friends, communicate with people you know, and play games with people you know. The ones that I highly recommend are Teleparty and Houseparty.

her family safe but he never did. Nova's mom, dad and baby sister were shot before Captain Chromium got there. Nova grows up under the care of her uncle who is the leader of the anarchists. When her uncle is killed, the anarchists go underground and continue their scheming. When they decide to have Nova infiltrate the renegades, Nova actually realizes that even though Captain Chromium let her family die, not all of the renegades are the same. Now she is battling herself between the renegades and the anarchists.

Renegades is the first book in the Renegades Trilogy and I like the series a lot because it shows that people can change; just because they grew up one way does not mean they will be like that for the rest of their lives. I recommend this book to you if you enjoy fantasy and dystopian stories.

*Photo Credit: amazon.com*