

The Tiger Times

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to join or contribute to the Tiger Times!

See this Tiger Times Issue for the all-new ESMS Space Page (6), a detailed description of the 2021 Presidential Inauguration (2), an overview of the the ESMS Feminism Committee (6), an ESMS poll on some students' favorite recipes (12), after-school programs during COVID-19 (11), a riddle page (11), the ESMS Poetry Page (16), book reviews (16 and 18), and much, much more!

January
2021

More Than A Safe Haven

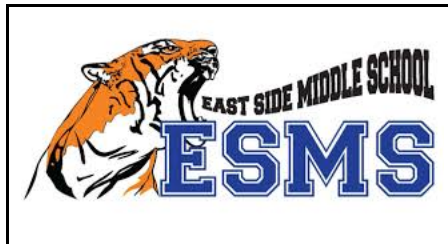
By: Jacob Abroon

A safe haven. The words make a person feel secure, away from danger, and of course, safe. A safe haven is known as a place where people can feel safe, and people can escape some of the worries in their life. That is what a new Safe Haven from Goddard Riverside will do for the chronically homeless people in the area around East Side Middle School.



An illustration depicting what the new Safe Haven will look like

This type of Safe Haven is a structure for homeless people that has support services, including case management, mental health services, and substance abuse services. The chronically homeless are in some of the worst conditions of all, most of them struggling economically, physically, or mentally. This new Safe



The Official Newspaper
Of
East Side Middle School

The ESMS Sports Page

By: Rhone Galchen

Well, I was wrong. The Jets did win a game, and not only one, but two! The Jets did improve, but this seems like a huge missed opportunity to me. Trevor Lawrence seems like a once in a football generation quarterback. While Jets fans may be relieved that they are not in the shameful category of 0-16 teams, they must ask themselves if the ends justify the means. The Jets have been looking for a good quarterback for a long time, and it definitely does not look like Sam Darnold is the answer. Whilst hiring Robert Saleh as the head coach will improve the mentality and personality of the Jets, he is no miracle worker. He needs the tools. Justin Fields is a good prospect, but Trevor Lawrence looks like the finished

The Effects Of Technology On The Brain

By: Darragh Boyle

Students all use technology, especially because of online school. But as the world keeps evolving and developing new technologies, one has to wonder how this is affecting the lives of students and their ability to function. A recent study by Pew Research Center found that "71% of parents of a child under the age of 12 say they are at least somewhat concerned their child might ever spend too much time in front of screens, including 31% who are very concerned about this."

Students at East Side Middle School are spending at least five to six hours on technology each day for school work, not even factoring in recreational time.

All this time in front of screens has been proven to have some side effects. For example, cyber sickness. This occurs when someone feels nauseous from using a phone or computer. This will usually happen if you scroll fast through something or you watch a video or game that is action packed or involves a lot of movement. Text claw happens if you text for too long, and it causes your hand to cramp or hurt. Eye strain occurs if you

Haven, which will be located on 91st Street and 1st Avenue, will be an incredible addition to the community, housing up to 88 people.

On January 13th, a Zoom meeting was conducted by the Health, Seniors and Social Services Committee of Community Board 8 (CB8). During the meeting, Goddard Riverside, an organization determined to strengthen and improve its community, and the New York City Department of Homeless Services, presented their plan for this Safe Haven to CB8 and members of the public, providing details on the construction of this new facility.

At the event, multiple people tried to persuade CB8 to support the Safe Haven, including ESMS 8th grader Dale Heller. When she spoke, Dale said, "I fully support the opening of the Safe Haven." Additionally, she said that it is, "such an immense help for the homeless... by helping people in need we are strengthening our entire community." Dale captured the importance of facilities to aid the homeless. There is no harm in lifting people off of the streets and giving them a place to sleep. Improving the life of just one person improves the entire community. A community where the members do not look out for each other is no community at all.

Additionally, Ahana Chandra, a 7th grader at ESMS, spoke at the event, also supporting the Safe Haven. "I think it is a great idea," She stated in her remarks. "We need to make the effort to help them accept us." She stated. "An act of kindness goes a long way." Ahana also relayed the importance of shelters such as the Safe Haven. Many homeless people decline the aid of others that are trying to give them a place to stay. Safe Havens are inviting and friendly places for the homeless, which will further encourage them to stay at the facility. Both Dale and Ahana's remarks about the Safe Haven were incredibly well received, with much praise by elected officials and members of Goddard Riverside. Their speeches, along with others', worked, because Community Board 8 voted to approve the new Safe Haven.

The Safe Haven will be unlike many

article. It seems that in 10 years, Jets fans may remember this season as a missed opportunity.

Moving on from bad teams to great ones, we have the Super Bowl matchup. The Kansas City Chiefs face the Tampa Bay Buccaneers in Super Bowl LV, which is the 55th Super Bowl. The way the Chiefs got here was definitely deserved. They were an all-conquering team during the regular season and the playoffs, and earned their spot.

Tampa Bay on the other hand got a lot luckier. First of all, they barely beat a Washington (how have they not come up with a name yet) Football Team that, despite a great performance from Taylor Henicke, was lacking offensive firepower. Then we have the game against the Saints, where fair enough, the defense won them that game. But against the Packers, they were definitely fortunate. Why, you may ask? Well, where should I start? Firstly, we have the fact that Aaron Rodgers did not run on third down in the Packers' last drive. He had a lot of space and could have ran it home for a touchdown, but instead threw it, costing the Packers the game. If it weren't for a few lucky plays that ended up as touchdowns they would have lost.

Also, if the Buccaneers somehow do win the Super Bowl (something that many at ESMS don't think will happen), everyone will be saying how much of a G.O.A.T. (Greatest of All-Time) Tom Brady is. That is one opinion I strongly disagree with. The role of GOAT should be reserved for quarterbacks such as Joe Montana, Peyton Manning, or Dan Marino. While Brady is obviously talented, he became the player he is due to Coach Belichick. You may refute this by saying that the Buccaneers are now in the Super Bowl whilst the Patriots aren't even in the playoffs. My answer to that is that the Patriots did not have enough time to get a quarterback in their prime, which therefore led their team to falter. As for the Buccaneers, my answer for that is that the defense is what got the Buccaneers to the Super Bowl. Let's look at the game against the Saints. The score of that game was 30 to 20. You may say that 30 points is a lot. It is, but it's a lot less impressive when 21 of those points came from

stare at a screen for too long. One fix for this is to try not to look at your phone or computer in the dark. Another side effect is overeating. If you have ever felt hungry and started to eat a lot while doing something, especially when using a computer or phone, you are overeating. This happens because your body is distracted so it isn't internalizing the amount of food you are eating.

**Hi East Side Middle School!
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**to contribute to the Tiger
Times!**

Joe Biden Is Sworn In

By: Siroos Pasdar

Joe Biden is our President. It's official.

The transfer of power can be a complicated and confusing experience. Specifically this election with the bitter fight between President Joe Biden and now former President, Donald Trump. Trump alleged voter fraud and challenged the election results in numerous court proceedings. He refused to concede the race or allow for a peaceful transfer of power to the president-elect. He has been accused of inciting rallies and protests, including the deadly protest at the Capitol building on January 6th. While Joe Biden is now our president, it is fair to say that 2020 elections have not been short of controversy.

To better understand what takes place on Inauguration Day and the transfer of power, I spoke with Kermit Roosevelt III, a constitutional law professor at the University of Pennsylvania Law School. He is the author of several books, as well as the great-great-grandson of former United States President Theodore Roosevelt. At the time of writing this article, Jan. 12, all electoral college votes were certified and counted. I asked the professor what else needed to happen.

other homeless shelters because of the fact that it is a pet-friendly shelter. Pets are a great way for many people to stay positive or to recover from mental illnesses such as depression, which many of the chronically homeless may suffer from.

The Safe Haven, which will be about seven stories high, will be geared towards the most vulnerable homeless people, and the most chronically ill. This way, the people who have been hit the hardest from homelessness can still find shelter in the new facility. Additionally, the building will only serve people in the Upper East Side and other New York City neighborhoods. With a goal to put these homeless people in permanent housing, the Safe Haven will lift them off of the streets, and supply them with food, beds, and other necessities. The building will house single adults, too. While the population the Safe Haven will be serving seems very specific, it does include a considerable percentage of the homeless population in NYC. With 88 beds, Goddard Riverside informed the public that the Safe Haven will probably not have any problems filling up every room.

This Safe Haven will provide a variety of services to the homeless people living there. From on-site psychiatrists to social services, the Safe Haven will be able to aid a great deal of the mentally ill people staying there. Additionally, there will be a rooftop recreation area, as well as a locker for each individual. Of course, meals will be provided every day to every person there, and each person will have their own private space.

To make the Safe Haven exactly how it is envisioned, the structure in its place will be torn down, and will have this seven-story facility in its place. With a completely new building and 2-4 beds in every room, the Safe Haven has an expected opening date of January 2022. While the Safe Haven might not be able to provide shelter to the entire homeless population they are targeting, no one will ever be kicked out of the Safe Haven just because of the time they had been staying there.

While many had concerns about a homeless shelter in their neighborhood, Goddard Riverside and the NYC Department of Homeless Services assured them that there was nothing to worry

turnovers from the Saints. Then against the Packers, Brady benefited from two turnovers and threw three interceptions himself, which is not very impressive. Overall, I do think that the Chiefs are going to win 34-20. What do you think?

In other news, what a month it has been for soccer. First up, we have Real Madrid losing to Spanish Third Tier Side, Alcoyano in the Copa del Rey, which is like the Packers losing to the Jets. As if it couldn't be more embarrassing for Real Madrid, the last goal they conceded to lose 2-1 was when they had one more man due to the other team receiving a red card. In addition, Zinedine Zidane, the manager of Real Madrid, has tested positive for COVID-19, which is just salt on the wounds. He has had a worse week than the Celtic F.C. have had a season.

Why have Celtic been having such a bad season, you may ask? They are potentially 20 points off first place in the Scottish Premier League, a division they have won nine years running. This year, they can break the record of winning 10 titles in a row, going ahead of the record that they currently share with their bitter rivals, the Rangers. However, that seems very unlikely considering the fact that as I said they are 20 points behind the Rangers who are in first place. In addition, they have lost to Rangers twice, and they crashed out of the Europa League by finishing last place in their group.

Moving on, we have another team that has had a pretty rotten past few weeks: Liverpool. Liverpool has not won any of their last five games in the English Premier League, and seeing them go from first to possibly sixth is bad considering they are only six points off the title. In addition, they have not scored in their past four games, and they lost to Burnley at home. While that may not seem that bad, that loss broke their unbeaten streak at home of a monumental 68 games, which spanned over 3 ½ years.

Next up we have another flailing team in Borussia Dortmund. Dortmund started off well, with a lot of hype surrounding them. They have the up-and-coming, magnificent striker Erling Haaland, and skillful young players such as Jude Bellingham, Jadon Sancho, and fellow

“All that need[ed] to happen [was] Biden need[ed] to take the Oath of Office and then he is sworn in and he is the president.”

As we have witnessed several times, Trump made false claims about voter fraud in a desperate attempt to overturn the election results in his favor. None of these claims were supported by evidence and were rejected by the courts. As of January 9th, “There are absolutely no legal avenues at this point to prevent Biden from taking office,” Professor Roosevelt said. Even Trump's false claims about voter fraud could do nothing to prevent President Biden from taking the Oath of Office, he told me.

Finally, the day arrived. One presidency ends as a new journey starts. After the attack on the Capitol building on Jan. 6th, extra security measures were put in place. This includes tens of thousands of national guard troops, and miles of fencing and barricade.

At 8:17 a.m. Trump boarded Marine One and departed from the White House for the last time. He did not attend the inauguration, making him the first president in about 150 years to break the treasured and valuable tradition. Vice President Pence in turn, did not attend his farewell ceremony, opting to attend the inauguration.

At 8:34 a.m. Trump delivered his final speech as president, telling his supporters it was a privilege to be their president. He ends it by saying, “have a good life. We'll see you soon,” and vowed to be back in “some form.” Meanwhile, President-elect Biden arrived at a church for the prayers ceremony.

It was a beautiful sunny day. The winds blew as Joe Biden and Kamala Harris were sworn in. President Biden walked out of the capitol building as trumpets blared and people clapped. Finally, Kamala Harris took the Oath of Office at 11:41 a.m. At 11:42 a.m., she became the Vice President of the United States of America. Vice President Harris made history as the first female, the first African-American and the first person of Indian descent to become the vice president.

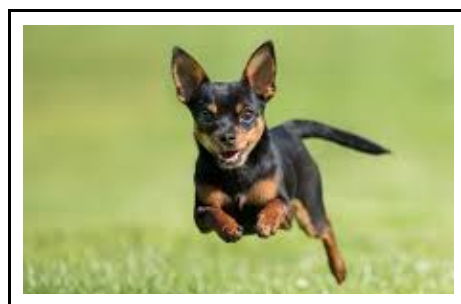
about. There will be guards around the building 24/7, and the main goal of the Safe Haven is to move them to permanent housing. There will be opportunities for community engagement to support the Safe Haven once it is completed.

This new Safe Haven will be an incredible addition to the Upper East Side. Being a mid-way point for the chronically homeless to move into permanent housing, the Safe Haven will improve the lives of hundreds. But the building will be more than a "safe haven." In general, safe havens are places that improve the lives of people staying there. However, this new Safe Haven will not just improve the lives of the people staying there, but the entire community. When part of a community is improved, the entire community is improved. That is what makes a community. A community is a group of people that look out for each other, and care about the well-being of one another. One for all and all for one. By strengthening part of a community, the entire community is strengthened. The entire community becomes more of a community and less like a mere group of people. That is the effect the Safe Haven will have on the entire community.



The Safe Haven by Goddard Riverside earned a great deal of support from CB8

Goddard Riverside Photo Credit: guidestar.org



American Gio Reyna. However, Sancho had a faltering start, and once talisman Haaland got injured, things went south. Dortmund has gone from two points off first place to a whopping 13 points off the summit.

Now lastly, let's have a success story. AC Milan is top of the league by two points and is seven points ahead of Juventus, a team that has won the last nine series titles. Milan was one of the best teams during the 90's and 2000's. However, during the past decade, they have faltered and went from Champions League winners to a mid-table or Europa League team. This year, though, with the help of Swedish legend Zlatan Ibrahimovich, Rafael Leao, Theo Hernandez, Halkan Çalhanoğlu, and Gianluigi Donarumma, they have risen to the top of the league. Who knows, they may even win!



Super Bowl LV will be played in Tampa, Florida, meaning the Buccaneers will be the first team to play in the Super Bowl at their home stadium.

Photo Credit: wikipedia.org

The Impact 2020 Has Had On School

By: Anna Hsu

The year 2020 has definitely been a challenging year. Over the past year, the COVID-19 pandemic closed schools and we were all forced to learn from home. For some, school was a safe place where they could focus on school work and avoid problems at home. ESMS had also offered free meals and tutoring from 8th graders. We had to cope with doing our everyday



President Biden takes the Oath of Office, officially making him the President.

At 11:48 a.m., Chief Justice John Roberts administered the Oath of Office for the president. Joseph Robinette Biden Jr. raised right hand, put his left hand on the bible, and was sworn in as the 46th President of the United States of America.

According to the New York Times, 1861, 1865, and 1945 are the most similar inaugurations to what we experienced on January 20th where our democracy was under siege. The Civil War in 1861 and 1865, as well as World War II in 1945 were all years where inaugurations took place and our democracy was under siege. Now the pandemic and violent protests are attacking our democracy. Understanding the past inaugurations will help us understand the current situation.

1861

When Abraham Lincoln was elected president, several southern states formally withdrew from the federal government, creating a time of crisis and deep divide within the country, later leading to the Civil War. One newspaper even described fears of "armed bands" being present as his inauguration. Lincoln was brought to Washington secretly. Rooftop snipers eyed the crowds as soldiers below made sure that Lincoln would be safe. Everything went as planned.





ESMS Poll: Dogs Or Cats

By: Maeve Redmond

I surveyed 19 ESMS students on their pet preference. Participants chose between cats, dogs, or others. The result revealed 78.9% (15) favored dogs because they are more playful, fun, and can do tricks. 15.8% (3) chose cats because they require less work and are calm. Just one person among the 19 chose a different animal—a monkey. The respondent chose a monkey because “they are funnier.”

Among the 15 students that prefer dogs, 11 actually have dogs as pets. Of the three students that favored cats, two have cats as pets. Interestingly, the person who chose a monkey apparently has a monkey! According to my survey, I think it is safe to say that ESMS students favor dogs as pets.

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Reader's Digest

The ESMS Feminism Committee

By: Ahana Chandra

“We hold these truths to be self-evident, that all men are created equal.” Everyone has heard this famous line from the Declaration of Independence several times. But there is one thing we left out; one very important group of people that makes up half the world's population: women. For years and years, women have been fighting for their rights, and the Feminism Committee strives to bring awareness to their ongoing fight, because, despite their endless hard work, women still do not have the rights they deserve.

activities (such as school and after school activities) over Zoom. For some it was hard staring at the screen for six hours and not getting personal attention from teachers, but if 2020 has taught us one thing, it was how to be resilient.

For students, 2020 has been very frustrating. Students juggled their mental health, education, and social interaction. For many, learning had become harder, because students weren't able to simply go up to their teacher and ask a question. Everything felt more distant. For me (and other students) school was a place where I could easily focus and not be distracted by things I wanted to do at home. For some students they had to adjust to being at a new school and learning from home.

Former ESMS student Hana Jang says, “I've been aiming to sleep for a solid eight hours every night and I can say it has definitely helped. By sleeping early and waking up early, as I would usually have for in-person school, I can get more work done and not procrastinate. It has also helped to have a routine. I usually just go with the flow and don't have a particular structure to my day, but by establishing what I want to get done that day, I find that I feel more accomplished and satisfied once I've checked it off my list.” She also recommends keeping your brain and body active with exercise, “During quarantine, I've been indulging in things that aren't exactly the healthiest, which has directly impacted my daily life and studying. Exercising at home, or even taking a brief walk outside will really help!”

According to *Physical Activity*, exercising can also reduce symptoms of anxiety and depression. I've found that going outside even for only a couple minutes has been very stress relieving. Taking walks and exercising helps clear my mind. From experience I've found adrenaline, which comes after exercising, makes me feel more motivated. It may seem weird, but after exercise I feel more motivated to get my school work done. These are some ways to cope with school at home. Though they may seem hard, they are definitely worth giving a try.

School has not only been hard for students, but for teachers as well. Even though home can be more relaxing,

Abraham Lincoln stands under the wood canopy for his first Inauguration in 1861.

1865

The day of Lincoln's second inauguration was gloomy. Washington had endured a wave of smallpox, and the crowd witnessing this event was standing in almost knee-deep mud. Lincoln was escorted to the inauguration by both black and white military troopers, something that was unheard of then considering the Civil War and ongoing racial issues. Additionally, John Wilkes Booth, who would assassinate Lincoln about a month later, attended the inauguration.

1945

Security concerns made this inauguration basic and small. In fact, it had one of the smallest crowds ever. The public part of the event lasted only 15 minutes as President Franklin Roosevelt delivered his inaugural address, trembling.

Photo Credits: The New York Times

Source: The New York Times

Mission To Mars

By: Samuel Stevens

Can humans go to Mars? That is the question that Elon Musk is trying to answer. Musk is an entrepreneur and an investor who started SpaceX and the company Tesla, which produces electric cars. SpaceX designs, manufactures, and launches advanced rockets and spacecrafts. Currently, he is working on a prototype called the Starship spacecraft. The Starship spacecraft could potentially take humans to Mars one day. If the thought of going to Mars seems futuristic, the truth is that it's not too far away.

Before we start to get into Musk's mission, we first need to know the history of Mars. Scientists first discovered Mars in 1610. Since then, Mars has been an important subject of scientific research and human exploration. Going to Mars not only helps us better understand space, but also helps us understand our own planet better. Mars is 53% the size of Earth.

The Feminism Committee meets every Wednesday at 3 p.m., and during Student Council meetings to research important feminists and work on projects meant to help others realize how important feminism and these feminists are. The members of Feminism Committee also work to uncover the real meaning of the word "feminism" and why many people do not identify themselves as feminists. They are also planning to bring more awareness around the topic of feminism to young people, especially in elementary schools, because the Feminism Committee knows that awareness starts at an early age.

When asked why she joined the Feminism Committee, Sienna Hwang responded, "I decided to join Feminism Committee because I want to be part of a movement to create a fair environment for women." Hwang believes there are still many injustices women face today, and she told me, "we still have a long way to go." Mirabelle Miketa-Garcia had a similar response. She told me, "I decided to join because I have always been very passionate about feminism; I just didn't understand why women weren't equal to men all those years ago." Feminism Committee is planning to research movements like the Women's Suffrage Movement to help understand why women are still fighting for their rights today.

Both Hwang and Miketa-Garcia are also very passionate about what they hope to achieve in this committee. Hwang strives to "reach out to younger kids and introduce them to feminism," while Miketa-Garcia says she is "hoping to educate others on what these amazing women have dedicated their lives to" and she is also hoping to learn more about them. The other members of the Feminism Committee have also made goals for themselves on what they want to accomplish in this committee and Feminism Committee is working towards each of their goals by setting up a plan and putting it into action.

As a final question, I asked them if they identify themselves as feminists and if so, why they identify this way. Both Hwang and Miketa-Garcia said they do identify themselves as feminists, and they also had very similar responses about why they identify this way. Both of them mentioned

teaching at home has its many challenges. I emailed Ms. Mainhart, the art teacher at ESMS, and she says, "Some of the challenges of teaching online are trying to keep all the students present and engaged." On Zoom students have the ability to turn their cameras off and possibly even walk away. In some cases students may have difficulty joining and staying present in the virtual classroom. For Ms. Mainhart it's difficult to see students' faces, therefore making it difficult to see how they are responding to the activities.

These are some of the many negative challenges, but there are also some positive opportunities. Ms. Mainhart finds that, "students can self-pace more." Online school spares travel time, allowing extra time for students to complete their assignments. Even though students don't always have the resources granted from school, some have the opportunity to use materials from home. Online school also makes it easier to ask family members for assistance with questions.

Although 2021 had a rough start, there are many things to look forward to. Things may never go back to pre-pandemic normal, but 2021 does show some promise. As we have adjusted, many exciting things have happened, such as essential workers around the world getting vaccinated, public schools reopening, and an inauguration for President Biden and Vice President Harris. We have also made several adjustments, such as online tutoring, making safety guidelines for sports to reopen, and having online programs for students to interact with each other. Let's hope for a fresh start in 2021!

Quote Of The Month

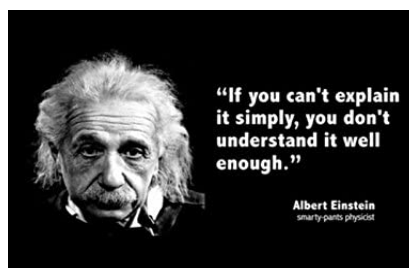


Photo Credit: amazon.com

Robotic explorers have been on Mars for more than 45 years. Something interesting to note is that Mars was very similar to Earth at one time. The solar wind blasted off Mars' atmosphere leading the water to freeze or boil off. The temperature dramatically changed from day to night. This made Mars's environment slowly adapt to the environment that we know today.

Why do we need to go to Mars to begin with? Musk believes that if anything happens to Earth, such as a geological disaster, we must have a place to escape to. Is there life on Mars? Could we survive on Mars? Although there has been no proof of life on Mars, it does not mean that that is the case. There is not much atmosphere, which makes breathing very hard to impossible. Also, there is 62.5% less gravity than on Earth and the climate is very cold. On the other hand, the soil on Mars has some of the nutrients necessary to plant crops. There is also a small supply of water. These are some of the most crucial things that humans need to survive.

Is Musk's mission worth it? Going to Mars could be good because it can expand our knowledge of space, making new missions possible. It can also bring cargo to the moon for further research and space flight development. Besides all the positive aspects, the biggest concern is sanity. Astronauts who are isolated for two years could be affected negatively. There is also the possibility of exposure to deadly radiation and the risks of being hit by a meteorite.

A big question that people want to know is if it's safe. During the last test run of the Starship spacecraft, things didn't go as planned. On Dec. 9th, 2020, the prototype crashed upon takeoff after it reached 41,000 feet. Fortunately, there was no one on board. Even though the rocket crashed, it was considered successful because SpaceX collected enough data for the project to move forward.

How are astronauts going to land on Mars? According to Elon Musk, the spacecraft will enter Mars' atmosphere at seven and a half kilometers per second. This descent is so fast that the spacecraft

the fact that women still earn significantly less than men in workplaces everywhere. Mirabelle also told me, "it's not right that women were and still are treated as lesser than men." Hwang added, "What I want is a society where if I work as hard as a boy next to me, my work will pay off no less than his work in the future. And I want to do my small part to make sure that happens."

What is so important about Feminism Committee is that it is made up of students who are hoping to improve their future. There is no way to know what will happen in the future and whether women will finally have the rights they deserve and be considered equal to men, but we can still try to make this happen. The students of Feminism Committee are working to be able to grow up to live in a world where they will have the same opportunities and rights as everyone else around them.

The Best Season

By: Tayden Eagle-McAvoy

Nature's different seasons are a large and beautiful part of our lives. As is being classmates at East Side Middle School. We have all unfortunately been kept apart for safety reasons, but talking to each other and sharing our likes can be a great way to build relationships in this tough time. As I sat alone at my window watching the snow outside, I thought of asking some of our fellow classmates about their favorite season. What is their favorite season? Why do they like that season? What is their favorite thing to do outside during that season? Let's see what they say!

6th grader Brooke Cermine said, "My favorite season is summer, because that's when I got my dog. Another reason why I like summer is because it's the perfect weather for the beach in Montauk, and I go to Ireland every summer, too... My favorite thing to do in summer is go to Ireland and see my friends that I haven't seen all year." There is nothing like spending time with friends you miss. I wonder what the next interviewee has to share.

6th grader Sabella agrees with Brooke. "I like summer the best. I like to be warm



My SHSAT Hangover

By: Nora Cassetta

I remember watching the 2021 New Year celebrations on TV a few weeks ago and everyone was shouting "Good Riddance!" to 2020. Well, on January 27, 2021, as I walked out of the gate of ESMS for the first time in ten months, I shouted "Good Riddance!" (but only silently in my head, so as not to raise the wrath of Agent Skinner) to the SHSAT. Actually, that was the best part of the test—getting to see some of my ESMS friends, teachers, and staff in person...including Agent Skinner.

As I walked up 92nd Street with my friends toward Delizia, it felt like an elephant had been lifted off of my shoulders. Still, just days later, it feels like I'm walking on a cloud.

So whose bright idea was it to make 8th graders spend every spare minute of their newly minted teenage lives studying for a high school acceptance exam? In 1934, Simon J. Wilson, then-Principal of Stuyvesant High School established a new policy of admitting students by exam. The Stuyvesant exam model was soon followed by Bronx Science and Brooklyn Tech, eventually growing into the controversial monster otherwise known as the SHSAT (aka, my pet elephant).

Last spring, ESMS 8th graders set out on the long and grueling journey known as SHSAT prep. According to Ms. Hyman, approximately 120 students signed up to take the test this year. Ms. McInnis says this is a typical number for ESMS, even though we have a slightly smaller 8th grade class than normal. Some of us took organized classes, some formed smaller study pods, others worked with private tutors, and a few took the self-study path.

has a risk of burning. That is why there are heat shields to protect the rocket and astronauts. The Starship spacecraft is reusable. Click here to see a simulation of the spacecraft landing on Mars. Link: <https://www.youtube.com/watch?v=5seefpJMQJI&feature=youtu.be>

Sources: National Geographic and Business Insider

Auto Incorrect?

By: Jacob Abroon

The Digital Age. It has brought a great deal of improvement to this world, from a universe of information at your fingertips to advances in medicine that have saved millions of lives. While the Age of Computers has its benefits and luxuries, there is one aspect that has silently affected today's literature. Spell-check.

With spell-check, grammar-check, and auto-correct, computers are a second brain for a writer in terms of spelling and grammar. Anyone who is typing on a computer keyboard doesn't have to think much about how they are spelling a word, because the computer does that for them. If a person is writing any piece of literature, whether it is homework assignment or a job application, they do not have to worry about spelling. Any time that the word has an extra letter, or is in the wrong position, the computer almost always corrects it for you. If not, the computer clearly points it out to the writer, and within seconds, the word is corrected and the writer can continue with the sentence. This process of the computer doing half of the work for you has its benefits and disadvantages, going back decades before the computer was even invented.

It was 1874. The first typewriters were open to public use, and in a matter of 10 years it became a common typing tool. Typewriters were an efficient way to create a piece of literature without tiring out your hand or taking a long time. A single press of a button and a letter appears on a sheet of paper. However, the typewriter had a big problem: one mistake, and you have to start over. The moment a key was pressed, the ink was

and summer is the warmest time of year. This season also has the right conditions for beaches and pools which I like to swim in." Nice warm sand touching your toes and grazing your ankles before you hop into the big blue ocean at the beach sure is a good time.

Next up is Idan, a 6th grader. He told me, "My favorite season is spring" he especially likes to "play sports in the spring." He also would recommend listening to 'Purple Cat', one of his favorite bands. According to him, one of their albums called Bloom was made in the spring which always reminds him of that season. Another reason why Idan's favorite season is spring is, "It's when the flowers begin to bloom and nature is so beautiful," and because "it's my birthday in the spring and who doesn't love birthdays?" I have to agree; I love birthdays too and I think almost everyone does.

Now I'd like to share with you my thoughts. I love all the seasons, but my favorite season is fall. I love this season because like Idan, that is when my birthday occurs. Green, yellow, tan, orange and brown are only some of the beautiful colors on the leaves. Also, the temperature is warm. Just right for me. I like to rollerblade and bike during fall. When I'm outside during the fall, I go outside and jump into a pile of leaves.



All these students and I love their season and it makes them feel good inside when they talk about it. We all need to feel this way and connect with each other to get through this tough time. Hope this article cheered you up and you see a new point of

I interviewed Alison Badin, a tutor at Axiom Learning about this year's test. To begin, I asked Alison for her thoughts in general about the test and the unique circumstances of this year's SHSAT. She said, "Preparing for standardized tests at any time can be a stressful and anxiety-producing experience. Trying to prepare for a test in the middle of a global pandemic with an initial uncertainty of whether the test would even happen is overwhelming. I feel for the students who had been studying open-endedly, not knowing whether their efforts would lead to an outcome the following year; for those who might have felt pressured to pick other options for high school relatively last minute. It's hard to conceptualize the unwarranted amount of stress the past year has caused students, families, and faculty. To students and teachers: you are all doing your best right now, and that is enough."

I also asked Badin about Zoom tutoring vs. in-person tutoring. She responded that, "There is a lot I miss about in-person tutoring. With any in-person interaction, you're more in-tune with the presence of the other person. It makes conversation feel slightly more genuine and the instruction more grounded. I also miss some of the resources we had in our physical center, like our whiteboard erasable-walls and tabletops! Working on the same surface and taking advantage of our manipulatives, colored pens, and fidget toys adds multiple layers of engagement. Screen fatigue is also very real!"

Based on conversations with ESMS students and friends at other middle schools, I think there is probably no universal best SHSAT prep model. ESMS 8th grader Anna Eliasson shared her test prep experience with the Tiger Times. "I did prep class from March once a week on Thursdays and over the summer. We did three practice tests so we wouldn't lose the skills. Leading up to the test, I did many practice tests. I liked the teacher and the class was fun."

My own experience included a variety of prep strategies, which worked well for me. The larger classes gave me a big picture of the test, smaller group study

pasted onto the paper, and there was no delete button to remove it. As a result, this caused every person who used a typewriter to pay careful attention to how they spelled words, and especially what words they used. The idea that there was no turning back caused people to exert a great deal of attention and energy on not only what they wrote, but how they wrote it. At the time, there was no other alternative.

However, as technology increased at a pace never seen before, typewriters became more advanced, and eventually evolved into word processors, and soon enough, computers. With the previous two examples, how something was typed was never an issue again, and it soon became what was typed.

This drastic change in the technology of typing brought a drastic change in how people wrote. It was less about how something was written, and more about what was written. This now causes the writers to focus more of their attention and energy on what they were writing, then causing them to write better pieces of literature as opposed to the age of typewriters. Additionally, the delete and redo buttons on a computer allow the writer to replace and remove ideas for whatever they are writing, causing them to have the ideal piece in mind. If a person is typing a speech for an important event, they can first type the first thoughts to their head, and then later edit them after they have completed their rough draft. Or, for example, if a person is writing an essay for school. They will first do a rough draft with their main points in mind, and later they can go back to it and make minor edits to perfect their piece.

With new technology comes great ease and luxury. But everything comes at a price. While the benefits of spell-check, auto-correct, and delete have greatly improved 21st century literature, the disadvantages come at an alarming cost. The reliance on spell-check.

Yes, spell-check and auto-correct have their advantages when it comes to merely texting with someone or typing an informal piece, however reliance on spell-check and auto-correct eliminates the need for a

view on the seasons. Stay safe and enjoy the rest of this beautiful winter.

Photo Credit: The Daily Meal

Sports Leagues Taking Action

By: Tali Ben-David

Many sports leagues have done things to show they support different movements or people, whether they wear shirts, spread awareness, or paint movements or names in their end zones. Especially during times like these, people need to spread awareness about important causes. With so many people watching sports already, I think it is great that they are doing this, and hopefully, it will become more effective than it already is in the near future.

NFL

An average of 15 million people watch the NFL. That means that if the players want to make their voices heard and try to do something about what is going on, almost 15 million people will be watching and will see and hear them. The NFL is painting movement names or phrases such as Black Lives Matter, and "I can't breathe" in their end zone boundaries. Some endzones have already been decorated with these movements. They also put decals on their helmets. The players are given a list of names and they can put decals or stencils on their gear. Also, some people are worried that people might stop watching because they do not support the movements they are writing, or they just do not support what they are doing in general.

NBA

Players in the NBA have talked about the deaths of people and they have talked about police brutality. They wore masks and t-shirts that said, "Black Lives Matter." Something that I thought was amazing was that they put phrases such as, "I can't breathe," "say their names," and "Justice now" on the back of their jerseys. It does not matter how small the act is, it just matters that they are taking action. The

helped me focus on subject areas, and individual tutoring solved specific question forms. Together with my parents, we found free resources on the web, such as practice tests. Everyone learns a little differently, and you should develop a plan that matches your learning style. If you can work with a tutor, be sure you are a good match.

The one piece of SHSAT advice that I feel certain about sharing is that you should do as many practice questions as you can, as in thousands! So, to all you hopeful 7th graders, get to work! To my 8th grade classmates, best wishes for great results! And, to Agent Skinner, I can't wait to see you again soon!

Photo Credit: ny1.com

Will 2021 Be Better Than 2020?

By: Liya Choi

Happy 2021! What a year 2020 was. Now with a new year and fresh start, many people have been hoping 2021 will be better than 2020. There has been a lot more progress on the COVID-19 vaccine. However, this does not necessarily mean everything will go back to normal. This article will explain how 2021 could go with the virus, and how it will be different from 2020.

As awareness and knowledge of the virus grows, many more people will hopefully start to be more cautious and wear masks. This could mean less cases and COVID-19 will not spread as quickly. The government will also respond better to the cases, because in 2020 there wasn't as much knowledge of it. With more people working on the vaccine, it could be very effective and save many lives. Several vaccines have already been shown to be effective and essential workers are now able to get vaccinated. It is currently being tested more on children ranging from ages 12 and up, which will help prevent more children from getting the virus.

writer to know spelling rules, grammar, and even how to spell certain words.

In an age where most people use computers for written communication and formal pieces, spell-check has become a common aspect when it comes to typing a piece of literature. However, this reliance on spell-check causes the writer to become lazy when it comes to spelling. According to a study conducted by BBC and Mencap, when 2,000 participants were asked to write the word, "definitely," about $\frac{1}{3}$ could not spell it correctly. Additionally, $\frac{2}{3}$ of the participants in the study claimed they used spell-check all or most of the time. About 9% stated they had never used spell-check. Additionally, during a study conducted by Harvard University on 65 graduate or undergraduate students, it was reported that more mistakes were made in terms of spelling when spell-check was on as opposed to off.

"Why should I worry about spelling when I know spell-check will either change it for me, or tell me that I am wrong?" That is a common concept that most people hold when it comes to typing on most modern computers, especially people ages 20 and younger who have grown up around computers.

This, clearly, is an extremely important issue. For most teenagers and some children, a handwritten sentence with proper grammar, sentence structure, and spelling could be much harder than one may think. Of course, common and short words are simple to spell, but for much longer and more complex words, it isn't always as simple. Spelling rules such as, "i before e except after c," have become irrelevant to many people and in today's society. Why should people know that rule when computers already know it for them? However, spelling is not the only issue that arises from spell-check and auto-correct. Grammar rules have been slowly escaping people's minds.

Some of the most important grammar rules have been eliminated from usage because of spell-check and auto-correct. For example, many do not know how to correct a sentence such as, "me and you are going to go leave." Other grammar rules that apply to common phrases have

smallest thing can be a step in the right direction.

WNBA

Some players on the WNBA's Atlanta Dream wore Raphael Warnock shirts to support him in his senate campaign against the team's co-owner Kelly Loeffler. Some of the players do not like Loeffler and they were rooting for Warnock. They wore social justice messages on their warm-up shirts. Teams that were playing against each other kneeled and linked arms to honor and show solidarity with Jacob Blake and many others. Not only did they kneel, but they also raised their fists during the national anthem. Sometimes they thought about not playing some of their games.

Together

Serena Williams, Natalie Portman, and some other celebrities invested in a Los Angeles women's soccer team. This is an important step for women's participation in professional sports. They will start playing in spring 2022. So if you like soccer, this is something to look forward to next year.

I think it is important that sports leagues are doing this. Many other sports leagues have done things, but I think these are the ones that stood out and there is more information about these. Especially in times like this, I think it is amazing that they are informing people, spreading the word, and showing that they care and are involved.

After-School Programs During COVID-19

By: Siroos Pasdar

We may not be able to enjoy our favorite activities and after-school clubs this year, but that doesn't mean we can't still safely play sports, do arts and crafts, and spend our time expanding our learning through after-school activities. While ESMS provides after-school clubs like the debate team, you can also enjoy soccer classes, art and music classes outside of school.

It is likely that most of us haven't been able to get as much physical activity through after-school activities ever since

Many doctors have been looking into COVID-19. Some of what they have been saying about the new vaccine is that so far, it is effective. The Pfizer emergency use authorization is for people aged 16 and older. Moderna's is currently for people 18 and older, however it is being tested on 12-17 year olds. The Pfizer vaccine showed efficacy of 95% after seven days the second dose was taken. The Moderna vaccine was 94.1% effective, starting from 14 days after the second dose. Also, because it's been nearly a year since scientists around the world have been making a vaccine, it is a lot more effective than one might think. A few people who had access to the vaccine refused to get it because it was too early on and could be potentially dangerous. Fortunately, there haven't been many complications so far.

Having a vaccine, however, will not put an end to this virus. With the amount of people who are not taking precautions, such as wearing masks, the virus is spreading faster.

There are two doses and it takes around two weeks to get the second one. During the time of waiting to get the second shot, it is possible to get the virus. This could be a problem, especially for people who have to go to work or be around people. Also, as the virus mutates, the current vaccines could be less effective if we can't keep up with how fast it's changing and spreading. The worldwide death count is 2.2 million, 102 million cases, and 56.4 million recoveries as of January 29th.

Overall, it is uncertain what could come in this year, but we can only hope for the best. We will learn new information on the virus and how it can be prevented. As we have more supply of the vaccine in the following months, it is likely people may not catch the virus as easily. During 2020, we didn't have any way to slow down the death rate and cases, but now we are starting to. Keep your masks on, social distance, wash your hands, and stay safe!

Sources: USA Today, CDC, ABC News, Wall Street Journal, and New York Times

started to become less and less important as computers become more and more popular.

Grammar is a fundamental aspect of writing a proper and formal sentence, and knowledge of the concepts of grammar has its values even outside of literature. When simply conversing with someone, speaking with correct grammar shows formality and respect towards the other person. If you are in a job interview, speaking with proper grammar will never hurt you.

Of course, spell-check and auto-correct have greatly improved the experience of typing anything. Whether your finger slips onto the wrong keys while typing a simple word or you didn't press hard enough on a certain key, auto-correct almost always does its job so that you do not have to stop what you are typing and correct yourself. Typing has come an extremely long way from typewriters and the fear that one slip of a finger would ruin your piece of literature. Spell-check and auto-correct have definitely made an impact on writing today, with both benefits and disadvantages. But the impact it will have on your writing is entirely up to you.

The ESMS Riddle Page

By: Alexis Choi and Olivia Choi

1. Two in a corner, one in a room, zero in a house, and one in a shelter. What am I?
2. You can see me in water, but I never get wet. What am I?
3. I have an eye, but I cannot see. I'm faster than any man alive and I have no limbs. What am I?
4. During a visit to a mental asylum, a visitor asked the Director what the criteria is that defines if a patient should be institutionalized. "Well," said the Director. "We fill up the bathtub. Then we offer a teaspoon, a teacup, and a bucket to the patient and we ask the patient to empty the bathtub."

March, when New York was the epicenter of the COVID-19 outbreak. We have not been getting as much physical and social activity, as well as exercise for our brains in other ways than school, such as art. Physical, social, and creative skills can be developed and used in after-school activities.

How can we still enjoy after-school activities and clubs safely, or do things we are so used to doing in our sports classes or art classes? "The biggest thing that's taken place is virtual classes," Mr. Deneroff, our school's P.E teacher, told me. He also said his daughter has taken virtual soccer classes. "The problem is that unlike the DOE which found a way to get all of these kids computers, a lot of kids who don't have the means to have a computer just can't really participate in these practices." Mr. Deneroff told me that classes, which have to be indoors, like gymnastics or dance, have really suffered a lot.

During the pandemic, sports classes have taken a different approach to teaching while still maintaining the fun and educational aspects of class. Mr. Deneroff describes virtual classes as, "more stationary stuff and less cardio and moving around in general." I have taken many sports classes, like basketball, soccer and tennis during the pandemic. In most cases, masks are required unless we are outdoors. When playing tennis, our coaches try to avoid doing drills that involve kids touching balls, such as serving, and we are sometimes required to wear gloves when we do touch balls.

All of these are cautious moves to stop the spread of COVID-19. In some cases, people may want to avoid in-person after-school activities as a whole. This creates a lot of long term health effects for kids at an early age. According to the Center for Disease Control, kids 6 - 17 should be getting at least an hour of physical activity everyday. At the same time, Mr. Deneroff has seen many new and innovative ways to address health and wellbeing. "Using YouTube, working out in your home, stuff like that have really taken off," he explained. "Now kids are seeing, especially teenagers, [and] kids in middle school and older are seeing that they can go online and get a workout for free. They don't have

Cookie Recipes

By: Maeve Redmond

The first of these recipes is one of my favorites: sugar cookies!

Ingredients:

- 2 ¼ cups of all purpose flour
- 1 teaspoon of baking powder
- ¼ teaspoon of salt
- ¾ cup unsalted butter softened to room temperature
- ¾ cup granulated sugar
- 1 large egg at room temperature
- 2 teaspoons of pure vanilla extract
- ¼ or ½ teaspoons of almond extract (optional, but makes flavor outstanding)

Instructions:

1. Whisk the flour, baking powder and salt in a medium bowl. Set aside.
2. In a large bowl, using a hand mixer or stand mixer fitted with a paddle attachment, beat the butter and sugar together on high speed until completely smooth and creamy, which takes about two minutes. Add the egg, vanilla, and almond extract (if using) and beat on high speed until combined, which takes about one minute. Scrape down the sides and up the bottom of the bowl and beat again as needed to combine.
3. Add dry ingredients to the wet ingredients and mix on low until combined. Dough will be relatively soft. If the dough seems too soft for rolling, add one more tablespoon of flour.
4. Divide the dough into two equal parts. Place each portion onto a piece of lightly floured parchment paper or a lightly floured silicone baking mat. With a lightly floured rolling pin, roll the dough out to about 1/4-inch thickness. Use more flour if the dough seems too sticky. The rolled-out dough can be any shape, as long as it is evenly ¼ inch thick.

"Oh, I understand," said the visitor. "A normal person would choose the bucket, as it is larger than the spoon." What was the Director's response?

5. A pet shop owner had a parrot with a sign on its cage that read, "This parrot repeats everything it hears." A young man bought the parrot and for two weeks he spoke to it, but it didn't say a word. He returned the parrot, but the shopkeeper said he had never lied about the parrot. How can this be?
6. Imagine you're in a room without windows, and the door is locked. How do you get out?
7. Which of the following words does not belong: milk, soda, water, tea, coffee, lemonade, or juice?
8. What two things can you never have for lunch?
9. How do you fit ten horses into nine stalls?

See the bottom of the issue for answers!

ESMS's Favorite Recipes

By: Dale Heller

It is hard to believe that come March 16th, schools will have been shut down for a year. With remote learning and quarantine changing the world's way of life, we have suffered disappointments and picked up hobbies. We have postponed events and learned new skills. We have developed coping mechanisms and stayed connected.

Remember Tiger King, a docuseries that left the nation perplexed by Joe Exotic and his ... pets? Remember Kahoot!, the trivia website that tested your knowledge on everything from space exploration to weird animal facts and prepared you for a Jeopardy victory? Remember baking sourdough, cake, and everything in between until you ran out of ideas of what

to go to the gym and they don't have to leave their house." Mr. Deneroff thinks the online component will be a "major factor."

Some other ways to stay physically and mentally active are by going on walks and bike rides, or you can create certain times to disconnect from screens and do non-academic things like art. While in-person after-school activities are limited, it is still important to be creative and incorporate physical activity into our daily lives.

New Year's Resolutions

By: Ahana Chandra

The year of 2020 was tough for so many people across the world. From the COVID-19 virus that made our lives anything but normal, to the raging wildfires in California, to the disgraceful racism that shocked the world, and so much more, 2020 was not what any of us expected. But now a new year has begun, filled with hope and plenty of New Year's resolutions indicating a fresh start for the year of 2021.

The students of East Side Middle School have surely also faced what 2020 brought to all of us, so I was curious to find out what kinds of New Year's resolutions they were making for the year of 2021 and what they thought about the topic. I surveyed the students of class 701 about their resolutions and I found out that the majority of them made resolutions this year. Out of the 28 students who responded, 15 of them (53.6%) said they made resolutions this year. However, it was almost split evenly between the students who said they made resolutions and the students who did not, which was pretty surprising to me because I had assumed that more students would say they made resolutions because of all the chaos of last year.

I also found out that out of the 13 people who were willing to share their resolutions, eight of them (61.5%) had resolutions that were related to studying, organization, productivity or getting good grades. Multiple students' resolutions were related to studying for the Specialized High School Admissions Test (also known as the SHSAT) that they will take in 8th grade. This test is considered very competitive,

5. Lightly dust one of the rolled-out doughs with flour. Place a piece of parchment on top. This prevents sticking. Place the second rolled-out dough on top. Cover with plastic wrap or aluminum foil. Then refrigerate for at least 1-2 hours and up to two days.
6. Once chilled, preheat oven to 350°F (177°C). Line 2-3 large baking sheets with parchment paper or silicone baking mats. Carefully remove the top dough piece from the refrigerator. If it's sticking to the bottom, run your hand under it to help remove it. Using a cookie cutter, cut the dough into shapes. Re-roll the remaining dough and continue cutting until all is used. Repeat with the second piece of dough. Note: It doesn't seem like a lot of dough, but you get a lot of cookies from the dough scraps you re-roll.
7. Arrange the cookies on baking sheets three inches apart. Bake for 11-12 minutes or until lightly browned around the edges. If your oven has hot spots, rotate the baking sheet halfway through bake time. Allow the cookies to cool on the baking sheet for five minutes. Then transfer to a wire rack to cool completely before decorating.
8. Decorate the cooled cookies with royal icing. Feel free to tint either icing with gel food coloring. See post above for recommended decorating tools. No need to cover the decorated cookies as you wait for the icing to set. If it's helpful, decorate the cookies directly on a baking sheet so you can stick the entire baking sheet in the refrigerator to help speed up the icing setting.
9. Enjoy the cookies right away or wait until the icing sets to serve them. Once the icing has set, these cookies are great for gifting or for sending. Plain or decorated cookies stay soft for about five days when covered tightly at room temperature. For longer storage, cover and refrigerate for up to ten days.

to make? Whether you consider baking to be a fun hobby, or you dream to be on a top cooking show, these sweet new recipes contributed by ESMS students are sure to spice up your culinary creations!

Recipe #1: Skill Level - Easy

Hot Chocolate - Courtesy of Dale Heller

Required Time: 10 minutes

Servings: 2

Review: "This is my absolute favorite hot chocolate recipe. It is delicious and super easy. I am not very skilled when it comes to preparing food or beverages, but this recipe is a piece of cake (pun intended) to make."

Ingredients

¼ cup granulated white sugar

¼ cup unsweetened cocoa powder

1 teaspoon vanilla extract

2 cups whole milk or milk alternative

Optional: Candy canes, chocolate chips, whipped cream, marshmallows (For toppings)

Instructions

Step 1: In a small saucepan, stir together the sugar, cocoa powder, vanilla extract, and about ¼ cup of milk until smooth.

Step 2: Place pan over low heat.

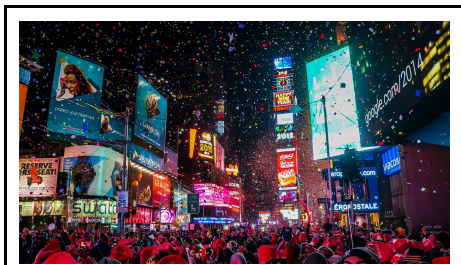
Step 3: Add the rest of the milk in slowly while stirring the mixture.

Step 4: Heat to very warm, but do not boil.

Step 5: Pour into a cup, garnish as desired, and enjoy!



which is why many students do a large amount of preparation in order to get accepted into the specialized high schools, so it is not surprising that students had goals to study for the test and get a good score. The fact that students had grades in mind is not surprising either, especially since the trimester had just ended before the new year started, so grades were fresh on their minds.



With a new year, resolutions are a way for people to improve themselves

I was also wondering why those who made New Year's resolutions decided to do so. When asked why, students' responses varied, but one common theme was the idea of last year being so complicated that the students needed a distraction or something to work towards for this new year. Some students said they "wanted to have something to focus on" or that they "needed a goal to stick to this year," while others said they "thought it would be a good idea to start again."

Regardless of the reason, New Year's resolutions are helping students focus on accomplishing the things that are important to them and taking their minds off of things that are distracting them from achieving their goals.

Photo Credit: foxbusiness.com

I love the cookies and we make them for an annual Christmas party at our house. They are delicious and can be used for any holiday or just a day that you are craving cookies.

These are some of the best chocolate chip cookies I have ever made!

Ingredients:

- 2 ¼ cups of all purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup butter softened
- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups semisweet chocolate chips
- 1 cup coarsely ground nuts, if desired

Instructions:

1. Heat oven to 375°F. In a small bowl, mix flour, baking soda and salt and set aside.
2. In a large bowl, beat softened butter and sugar with an electric mixer on medium speed, or mix with a spoon for about one minute or until fluffy, scraping the side of the bowl occasionally.
3. Beat in egg and vanilla until smooth. Stir in flour mixture just until blended (dough will be stiff). Stir in chocolate chips and nuts.
4. Onto ungreased cookie sheets, drop dough by rounded tablespoonfuls two inches apart.
5. Bake for eight to ten minutes or until light brown (centers will be soft). Cool for two minutes; remove from cookie sheet to cooling rack. Cool completely, which takes about 30 minutes. Store covered in an airtight container.

These cookies are so amazing and me and my family bake them all of the time. I wouldn't judge you if you take my advice and you do too. These cookies are easy, fast and delicious to eat during COVID

Photo Credit: onmanorama.com

Recipe #2: Skill Level - Intermediate

Crispy Gnocchi with Basil Pesto -
Courtesy of Arianna Bassini

Required Time: 25 minutes

Ingredients

For Pesto:

- 2 cups fresh basil leaves (packed)
- ½ cup freshly grated Parmesan-Reggiano cheese
- ½ cup extra virgin olive oil
- ¼ cup pine nuts
- 2 minced garlic cloves

Salt and freshly ground black pepper to taste

For Gnocchi

- 2 tablespoons olive oil
- 1 lb package potato gnocchi
- Parmesan cheese (for serving)

Instructions

Step 1: Combine the basil, garlic, and pine nuts in a food processor or blender and pulse until coarsely chopped.

Step 2: With the food processor or blender still running, slowly add the olive oil and process until smooth.

Step 3: Add the cheese to the blender or food processor and pulse until combined.

Step 4: Cook the gnocchi according to package instructions.

Step 5: Drain the gnocchi completely.

Step 6: In a large skillet, heat olive oil over medium-high heat.

Inspirational People: Salva Dut

By: Siroos Pasdar



Salva Dut grew up in a small village in southwestern Sudan during the time of the civil war in the 1980's. When he was 11 years old, he was separated from his family due to the war. He joined a group of boys known as the "lost boys" to seek refuge by foot. They traveled to refugee camps in Kenya and Ethiopia, walking hundreds of miles. Finally, he had an opportunity to come to America. Later, learning his father was very sick from waterborne parasites, he traveled back to South Sudan. His father's illness inspired him to create an organization called *Water For South Sudan*. Now, he makes a difference in his community by bringing clean water and drilling wells in villages in South Sudan. He was featured in the book *A Long Walk To The Water* by Linda Sue Park and has been on *Ted Talks* before. Here is where you can read more about him. <https://www.waterforsouthsudan.org/salvas-story>

"My message to you: Keep walking. No matter how difficult things are, keep walking. You will find people that can join you in your walk. And you may become the leader."

Photo Credit: [waterforsouthsudan.org](https://www.waterforsouthsudan.org)
Source: [waterforsouthsudan.org](https://www.waterforsouthsudan.org)

and even before that, if we ever needed emergency cookies.

I love these delicious and soft oatmeal raisin cookies!

Ingredients:

- 1 cup (230g) unsalted butter, softened to room temperature
- 1 cup (200g) packed light or dark brown sugar
- 1/4 cup (50g) granulated sugar
- 2 large eggs
- 1 tablespoon pure vanilla extract
- 1 tablespoon molasses
- 1 and 1/2 cups (190g) all-purpose flour (spoon & leveled)
- 1 teaspoon baking soda
- 1 and 1/2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 3 cups (240g) old-fashioned whole rolled oats
- 1 cup (140g) raisins
- Optional: 1/2 cup (64g) chopped toasted walnuts

Instructions:

1. Using a hand mixer or a stand mixer fitted with paddle attachment, cream the softened butter and both sugars together on medium speed until smooth, which takes about two minutes. Add the eggs and mix on high until combined, which takes about one minute. Scrape down the sides and bottom of the bowl as needed. Add the vanilla and molasses and mix on high until combined. Set aside.
2. In a separate bowl, whisk the flour, baking soda, cinnamon, and salt together. Add to the wet ingredients and mix on low until combined. Beat in the oats, raisins, and walnuts (if using) on low speed. Dough will be thick, yet very sticky. Chill the dough for 30-60 minutes in the refrigerator (do the full hour if you're afraid of the cookies spreading too much). If chilling for longer (up to two days), allow to sit at room temperature for at

Step 7: Add the gnocchi to the skillet in a single layer and cook, undisturbed, until golden and crisp (this should take approximately 3-4 minutes).

Step 8: Turn the gnocchi over, and cook until golden and crisp (this should take an additional three minutes).

Step 9: Remove the gnocchi from heat, and stir in 1/4 to 1/3 cup of the pesto.

Step 10: Garnish with parmesan cheese if desired and enjoy!



Photo Credit: [thestayathomechef.com](https://www.thestayathomechef.com)

Recipe #3: Skill Level - Challenging

Magnolia's Banana Pudding - Courtesy of Anna Eliasson

Required Time: 8-18 hours

Servings: 15

Review: "This is my favorite dessert. I've made it at least three times!"

Ingredients:

- 1 (14 oz.) can sweetened condensed milk
- 1 1/2 cups ice cold water
- 1 (3.4 oz.) box vanilla instant pudding mix
- 3 cups heavy cream
- 4 cups sliced barely ripe bananas.

ESMS Book Recommendations

By: Julian Fernandez Sasso

The Martian (2011) by Andy Weir follows the harrowing journey of Mark Watney's struggle to survive on the red planet. When astronaut Mark Watney is believed to be dead and abandoned by his crew during a sandstorm, he needs to find a way to survive and get back to Earth. Throughout the book we follow Mark Watney's struggle to make food, have enough water, and contact Earth. *The Martian* is a nail biting thriller which always keeps you hanging on to the characters and the story. Although *The Martian* is a great read, it can be difficult to follow at times with all the technical language and information. The book has vulgar language at times, but it helps with the story and makes the situation more real. I would give this book a 9.5/10. I wouldn't give it a 10/10 because sometimes it is difficult to follow the science included. I found myself rereading pages to make sure that I understood what was going on or if I had been picturing something else. This book is great for anyone interested in space or science fiction. It is also highly regarded in the science community, so for anyone interested in realism, this book is for you. All in all, it's a great book and I recommend you read it right now!

Why Fish Fart and Other Useless or Gross Information About the World (2009) by Francesca Gould. This is one of my favorite books of all time. *Why Fish Fart* is a book filled purely with interesting facts and information. *Why Fish Fart* covers multiple topics including: disease, insects, animals, human history, and plain out weird facts. This book is in more of a trivial format (not a novel). I'd recommend this book to anyone who likes learning about animals or just likes discovering cool tidbits of information. I do have to say that this book at times talks about vulgar or disgusting facts, so readers beware! If you're looking for a fun read or just something to pass the time, I would get reading!

- least 30 minutes before rolling and baking.
3. Preheat oven to 350°F (177°C). Line two large baking sheets with parchment paper or silicone baking mats. Set aside.
 4. Roll balls of dough (about two tablespoons of dough per cookie) and place two inches apart on the baking sheets. I recommend using a cookie scoop since the dough can be sticky. Bake for 12-14 minutes until lightly browned on the sides. The centers will look very soft and under-baked. Remove from the oven and let cool on baking sheet for five minutes before transferring to a wire rack to cool completely. The cookies will continue to "set" on the baking sheet during this time.

Oatmeal raisin cookies are my favorite cookies of all time. They are so soft and chewy, especially these ones. I hope you love all of these recipes as much as I do and try them out. They are all extremely delicious and easy to make. These cookies have helped me through COVID and I hope they help you too.

Recipes courtesy of:

1. <https://sallysbakingaddiction.com/best-sugar-cookies/>
 2. <https://www.bettycrocker.com/recipes/ultimate-chocolate-chip-cookies/77c14e03-d8b0-4844-846d-f19304f61c57>
 3. <https://sallysbakingaddiction.com/soft-chewy-oatmeal-raisin-cookies/>
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Tip: Bananas should be slightly green. You can also soak the bananas in fruit juice or water. This is to slow down their browning process.

1 (12 oz.) box of Nilla Wafers

Instructions:

Step 1: In a large bowl, beat together the sweetened condensed milk and water until well combined (this should take about one minute).

Step 2: Add the pudding mix to the bowl and beat well for approximately two minutes.

Step 3: Cover and refrigerate for 3-4 hours or overnight. It is important to allow the complete time for the pudding to set, as otherwise the pudding will be watery.

Step 4: In a large bowl, whip the heavy cream until stiff peaks form.

Step 5: Gently fold the fresh whipped cream into the pudding mixture until no streaks of pudding remain.

Step 6: To assemble dessert, select a large wide glass bowl or trifle bowl with 4-5 quart capacity. Dessert can either be made in individual portions or in a large glass bowl.

Step 7: Arrange ⅓ of the Nilla wafers covering the bottom, overlapping if necessary.

Step 8: Layer ⅓ of the bananas.

Step 9: Layer ⅓ of the pudding mixture.

Step 10: Repeat twice more, garnishing with additional wafers or wafer crumbs on the top layer.

Step 11: Cover tightly and allow to chill in the fridge for at least four hours, and at most eight hours.

The ESMS Poetry Page

By: Liya Choi

Forever Standing

Just like a tree,
Standing in the breeze.
Upright, roots placed,
Just like you and me.

Strong as a trunk,
Bark surrounding you.
Leaves forever changing,
Just like me and you.

Never falling,
Always standing,
Never giving up,
Just like us.

Answers To The Riddle Page

1. The letter r
2. A reflection
3. A hurricane
4. "No," answered the Director. "A normal person would pull the plug."
5. The parrot was deaf
6. Imagine you have a key
7. The word 'or' does not belong, because it's not a drink.
8. Breakfast and dinner
9. [t] [e] [n] [h] [o] [r] [s] [e] [s]

Bits And Pieces

By: Siroos Pasdar

Here, you can find bits and pieces of information about the world around you. From the New York City government to cinematic entertainment, Bits and Pieces covers a variety of topics.

- The Biden Administration rushes to get to work and reverse Trump's legacy.
 - Biden signed 17 executive orders the first full day he was in office, January 21.
 - These stopped the travel ban, provided stronger protection for young immigrants and prioritized racial justice and equality.
 - He also rejoined the Paris Climate Accord.
- Port Authority bus terminal in NYC may get a 10 billion dollar remodel
 - The terminal was built to handle 60,000 passengers every day in 1950, but before the pandemic 250,000 riders would go through this terminal.
- January 21, 2020 is when the first COVID-19 case was discovered in the U.S. It was just the start to what now seems like a never-ending pandemic.
- Democrats now have control of the Senate, and Chuck Schumer, NY, is the Senate Majority Leader.
 - It has been 10 years since Democrats controlled the Senate. They now have complete control over the government, in both the Legislative and Executive branches.
- Protests in Russia continue to erupt as police and demonstrators violently clash.

Step 12: Take the pudding out of the fridge and enjoy!



Photo Credit:
[thegirlwhoateeverything.com](https://www.thegirlwhoateeverything.com)

Recipe 4: Skill Level - Challenging

British Scones - Courtesy of Arianna Bassini
Required Time: 30 minutes
Servings: 8

Ingredients

2 cups all-purpose flour

1/3 cup sugar

1 tablespoon baking powder

1/4 teaspoon salt

1/2 cup cold butter

1 large egg

Optional: Adding an egg to your scone batter will change the texture of your scone, creating a richer, more dense result. However, it is not necessary, and you don't need to substitute anything if you don't use the egg.

1 cup heavy cream

ESMS Book Reviews

By: Anna Rodriguez

The Arc of a Scythe Series by Neal Shusterman

Book 1

A world where humanity had mastered death. A world where famine, homelessness, and diseases don't exist. A world where only scythes can end the lives of the people. They are ordered to do so to keep the population size under control. The Thunderhead watches over everything and provides assistance when required.

The Thunderhead helps everyone, except scythes. Citra Terranova and Rowan Damsich are both selected to be a scythe's apprentice; a role that neither of them wants. These teens must master the "art" of taking life, knowing the consequence of failure will be losing their own lives.

Book 2

CAUTION: May Contain Spoilers

The Thunderhead is the perfect ruler of a perfect world, but it has no control over the sycthedom. A year has passed since Rowan has gone off-grid. Since he has become an urban legend, a vigilante snuffing out the lives of corrupt scythes in a trial by fire.

As Scythe Anastasia, Citra gleams with compassion and openly challenges the "ideals" of the so-called "new order." However, when her life is threatened and her methods questioned, it comes to light that everyone is not open to change.

Book 3

CAUTION: May Contain Spoilers

Citra and Rowan have disappeared. Endura is sunk. It seems nothing stands between Scythe Goddard and world domination of the sycthedom. The Thunderhead has gone silent, and the aftermath of the great resonance still shakes the Earth to its core. The question remains, "Who is left to stop Goddard?" The answer lies in the tone, the toll, and the thunder.

- Police arrest thousands as demonstrators protest the imprisonment of opposition leader Aleksei A. Navalny.
- Vladimir Putin, Russia's president, previously tried to poison Navalny. After the failed attempt, he arrested him.

- Italy's prime minister, Giuseppe Conte, will quit amid the pandemic and political toll it has taken on him.
- The Moderna vaccine has been proven effective against the U.K and South Africa COVID-19 variants.
- Dominion, a company that provided machinery to count the votes for the 2020 election, is suing Rudy Giuliani for \$1.3 billion because of false election fraud claims.
 - Giuliani claimed Dominion was a company working with a Venezuelan enterprise and replacing Trump votes with votes for Biden.
 - The company said they had to pay \$500,000 in personal security to protect their employees from threats and harassment.
- Governor Andrew Cuomo announced that N.Y.C indoor dining will be opening on Valentine's day with 25 percent capacity.

Source: The New York Times

Flavoring:

- Blueberry Scones - Requires 1 cup blueberries, 1 teaspoon vanilla extract.
- Chocolate Chip Scones - Requires 1 cup mini chocolate chips.
- Cranberry Orange scones - Requires ¾ cup dried cranberries, 2 tablespoons orange zest.
- Pumpkin Scones - Requires replacing half of the heavy cream with ½ cup pumpkin puree, 2 cups pumpkin pie spice.
- Cranberry Scones - Requires 1 cup dried cranberries, 1 teaspoon vanilla extract.
- Lemon Scones - Requires replacing ¼ cup of heavy cream with ¼ cup lemon juice, 2 tablespoons lemon zest.
- Cinnamon Scones - Requires replacing white sugar with brown sugar, 1-2 teaspoons ground cinnamon.

Instructions:

Step 1: In a large mixing bowl, stir together flour, sugar, baking powder, and salt.

Step 2: Grate your butter using a cheese grater and stir into the flour mixture OR cut butter into small pieces and use a pastry cutter to cut the fat into the flour mixture until it resembles coarse meal or sand.

Step 3: Add in egg (if using), one cup cream and the ingredients needed for your choice of flavoring, stirring until the dough just comes together.

Step 4: Turn the dough out onto a clean countertop and form it into a ball.

Step 5: Press the dough flat until it is a two-inch thick circle.

Step 6: Use a butter knife to cut the circle into eight wedges.

Step 7: Place cut scones on an ungreased baking sheet and brush the tops with two tablespoons heavy cream.

Step 8: Bake at 425 degrees for about 12-15 minutes until the tops are nicely browned.

Step 9: Let cool for desired time, and enjoy!

Now that you have these delicious new recipes, we can't wait to see what you create! Send pictures of food you make using these recipes to jacob.abroon@esmsnyc.net for a chance for them to be featured in the next issue of the Tiger Times!