

ELL NEWS

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FROM THE EDITOR:

Please enjoy our second volume of news and information, brought to you by ELL students at ARMS.

As one of their teachers, I am amazed and impressed every day by the hard work, the sacrifices, and the challenges that my students face when they come to Amherst. Sometimes, they are away from one or both parents, just so they can come here to get a good education and better job opportunities. I learn from my students every single day.

One thing I have noticed about the new ELL students is that sometimes, they are treated as if they were invisible.

So, next time you run into a new ELL student, in class, in the hallway or somewhere else, please say hello and look them in the eyes! It will mean a lot to them. They are an important part of our school, our community, and our country.

The students worked really hard on these articles, jokes, and recipes. Be sure to tell them what you thought!

Ms. López



OPINION

HOW IT FEELS BEING IN THE ELL PROGRAM

By [REDACTED]

Being in the ELL (English Language Learners) program makes me feel special because, most teachers treat you in a special way, and take the learning easy with you. Sometimes I don't like being in the ELL program because teachers treat you really differently. By that, I mean really disrespectful, and the people think that you are dumb. What I hate most about being ELL is that the talk to you like a 6 year old kid and that is really weird. But I think when you are ELL, it makes you special and intelligent, because you are bilingual. Also, you have perseverance, because you try to learn and learn in a really hard way.

MY OPINION ON THE DRESS CODE

By [REDACTED]

I think that this schools' dress code is overwhelming. It hits kids in a vulnerable time; kids in middle school already have a lot to worry about, their grades, high school, growing up and drama with friends, sexuality and much more. The dress code just gives them one more thing to worry about and be judged upon.

If the parents let their kids out of the house in those clothes, then the school is in no position to complain about it. The parents need to step up and show that they are in charge of their kid, not a system that has to take care of hundreds of kids, and that might not know the kid's name.

If boys are distracted by a girl's clothing choice, shouldn't they learn to focus, because that is how it works in the real world? This system blames it on the girl and punishes her, but the next day she might wear an even shorter skirt in protest, so nothing has been changed.

Clothes are a big part of expressing yourself. When that is taken away, students might have to find other ways to express themselves, maybe by using graffiti or not doing homework. So the other possibilities risk being a lot worse. Correcting someone's clothes takes time and effort, and teachers have better things to do than wasting their time on useless things like asking students to change clothes and calling their parents. Searching through your wardrobe for an "appropriate" tank top also takes time, and that time is most likely taken away from studying for that big test tomorrow.

If a poor student buys something inappropriate they cannot wear it to school, they might have to waste money on more clothes the student might not even like.

Wasting time and money to take away responsibility from parents is not the way I think our schools should go. We need to focus on education and issues involving education, instead of wasting time with pointless issues.

FEATURE ARTICLE

ANIME AND MANGA

By [REDACTED]

A lot of people like to watch anime and manga because it's cute and some people like to draw them for a hobby.

This image is an anime group.



I called them AKB0048 and No Name. These are the real people called "AKB48."



This image is Manga.



This Manga is called Kaichou Wa Maid-sama.

What is the difference between anime and manga?

"Usually the manga or anime have a book of it and a show. Both were made by the Japanese but they have a lot of differences besides the fact that one is a show and one is a book. Anime is animation of a cartoonish show and manga is book of pictures or comics (also graphic novels). They are not the same!"

www.scifi.stackexchange.com

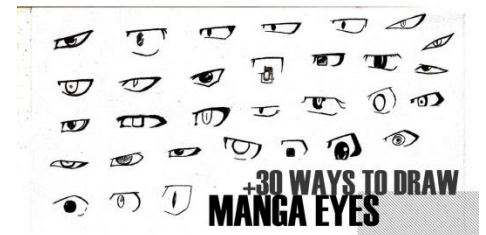
Anime and manga: which one is the most popular?

The most popular is manga, because of the books. Writers and artists have more freedom to do what they want to do.

Here are some pictures of anime and manga.



Here are some ways to draw anime eyes:

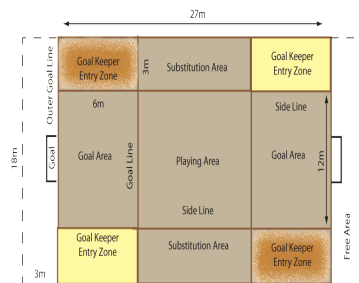


SPORTS

BEACH HANDBALL

By [REDACTED]

Beach handball is a sport where the object is to beat the other team. It is played by two teams with four players, and one of them is a goalkeeper. It is mostly played in the summer on beaches. The beach handball fields have to be completely covered in sand and measure 27X12 m, and have a 6 meter goal area. The goals are 2X3.



You are awarded one point for each throw that goes in the goal. The games start differently and are different lengths depending on the age group and what kind of game it is. In some games you might flip a coin for the ball and in some the referee throws the ball up in the air. If the game ties, and is not group play, you either play a shutout or a golden goal. In a shutout a player passes the ball to a goalie, then runs up, and then the goalie passes it back and the player tries to score. The only problem is that the ball cannot touch the ground, then the turn is over, and whoever scores the most times out of three or five wins. Golden goal is when whoever scores first wins. Players can't wear shoes, and the uniforms are often tank tops and shorts, and should have numbers.

If the goalkeeper scores, a 6-meter penalty shot is scored, or a creative or spectacular goal is scored the team is awarded two points. Many times a team chooses to take out the goalkeeper on offense, and have a player that is better at shooting instead, to earn two points. Then the player has to run out and the goalkeeper in, so the other team won't score on a long shot. Handball, especially beach handball is a great sport and everyone should try it.



THE HISTORY OF THE NFL

By [REDACTED]

The NFL was established on June 24, 1922. The official name of the NFL is the National Football League. The Ball used must be a Wilson. The length should measure about 11 inches from tip to tip, and the circumference at the center of the football should measure about 22 inches. A football game is played between two teams of 11 players.

My favorite team is the Seattle Seahawks. I love their colors: green, blue, and white. Also, I love how they play because they make good plays. Last year they won 12 games and only lost 4. They made it to the Super Bowl, but they lost to the New England Patriots.

DO YOU KNOW BASEBALL?

By [REDACTED]

Understandably, baseball is a really famous activity in the United States. The history of baseball started in the 19th century and South Americans played baseball first. US baseball has 30 teams; some teams are the New York Yankees, Boston Red Sox, San Francisco Giants, and Los Angeles Dodgers.

UNITED STATES LEAGUE

The current typical season of MLB is usually done through a three-game series, sometimes two or four game series.

BASEBALL STADIUM

Baseball stadiums have 1st base, 2nd base, 3rd base and home base. The US has lots of baseball stadiums. In the picture is the official rule about baseball stadiums.



My favorite baseball player is Shin-Soo Choo and Ryu- Hun Jin. Shin-Soo Choo is a South Korean professional baseball outfielder for the Texas Rangers of Major League Baseball; Hyun-jin Ryu is a South Korean professional baseball starting pitcher for the Los Angeles Dodgers of Major League Baseball. I am really proud of them.



THE HISTORY OF SOCCER

By [REDACTED]

Games like soccer were played in China more than 2,000 years ago. Similar games were also played in ancient Greece, Rome, Japan, and Mexico. But the modern game of soccer started in England. In 1863 several English soccer teams formed the Football Association (FA). It created the first standard set of rules for the game.

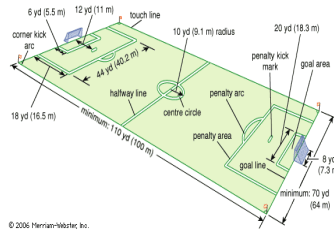
Favorite team

My favorite team is Barcelona and Real Madrid.



I like them because they have a lot of good players. For example: Messi, Jambo, Cristiano Ronaldo,

Xavi, Neymar Jr. , Luis Suarez, Claudio Bravo.



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One of the most important rules in soccer is: don't use your hands; only the goalie can.



VOLLEYBALL

by [REDACTED]

Volleyball is one of the most popular games in my country, Puerto Rico.

Where did volleyball start?

Springfield College.

When did volleyball start?

In 1895.

Who invented volleyball?

William G. Morgan.

An interesting thing about volleyball: He designed the

volleyball with a combination of basketball, baseball, tennis, and handball.

What does the volleyball court look like?

Well, it is pretty similar to a basketball court, but this one has a net in the middle.



What are the rules in the court?

The directions (rules) are easy but, if you ever played volley ball before, it could be a little bit complicated to follow.

One of the hardest rules to follow is: the positions. In volley ball, you have positions to play. There are 6 positions that the people in the team have and each one has a function.

Here is a list of typical volleyball positions and the roles they play on the team:

Setter: The setter's main job is to put the ball in the perfect place for the attackers. Typically they will take a pass from another player and take the second touch. They will try to put the ball in the air at just the right height for an attacker to spike the ball into the opponent's court. The setter also runs the offense. They have to be quick both physically (to get to the ball) and also mentally (to decide where and who to set the ball to). The volleyball position setter is much like the point guard in basketball.

Middle Blocker: This volleyball position is both the main blocker and the attacker for the middle of the net. Top level teams will often have 2 players playing this position on the court at the same time.

Outside Hitter: The outside hitter is focused on the left side of the court and is generally the main attacking position. They tend to get most of the sets and most of the attacking shots in the game.

TRACK

By [REDACTED]

Track and field is a sport which combines various athletic contests based on the skills of running, jumping, and throwing. The name is derived from the sport's typical venue: a stadium with an oval running track enclosing a grass field where the throwing and jumping events take place.



MOVIE

REVIEW

PITCH PERFECT 2

By [REDACTED]

Just like in the first movie, it is about teamwork and a cappella. After an incident the Barden Bellas are forbidden to compete in any college competition. However, they won the American competition, and they can compete in an international competition, in which America has a bad record. If they win they can continue competing as a college, but if they don't they will have to slowly disband. The movie was not only hilarious, but it also had a good message, that teamwork is important and if you try hard enough you can do anything. The movie is rated PG-13 and may not be the best movie for small children, but it is a great

movie and I highly recommend it.



ABOUT **OUR** **COUNTRIES** **AND** **CULTURES**

SWEDISH SCHOOLS

By [REDACTED]



In Sweden the school system is different from those in America. The whole set-up is different. Another difference is the way the schools look at cellphones. In America they are strictly forbidden, while in Sweden you can have them out. The teachers do not like it when a student checks Instagram during class, but there won't be consequences. One of my friends was watching a show on her computer during class instead of listening, so the teacher took it away and said he would give it back later, but she said she needed it to do her work, so she got it back and continued to watch her show, without any consequences whatsoever.

In Sweden, being on time isn't as important, when a student comes in late, instead of writing their

name on a list and giving them a detention, they simply greet them. The amount of homework for the classes is not nearly close to the amount of homework American kids get, the time to do homework is also a lot longer usually. The schools are more local and mostly kids in your neighborhood that you have known forever. The Swedish schools are a lot more relaxed and focus on everyone's involvement, and usually the classes have the same kids in them, which is good for bonding and making friends, but not so good if you are being constantly bullied.

The classes and days can vary in Sweden, so one day you might start at 10 and finish at 3 and have English, Swedish, math, students choice (like a study hall once a week) and social studies. The next day you might start at 8:10 and go until 3:30, and have Spanish, science, art, class meeting and gym.

The Swedish grading system is also based off of the A-F scale. F is failing and E or over is passing. There are no + or -, and an A is nearly impossible, and you need a full score in everything. If you for example get A's on 20 assignments and an F or E on one assignment your grade would be an E. Sports are separated from the school, but most kids play a sport anyway, but there is more gym in school and there is more recess, were kids are forced to be outside, unless it is raining hard.

The Swedish food is already paid for by the high taxes in Sweden, so no kids bring their lunch, and they go to the cafeteria and get their lunch, which varies. Usually there is one day of soup, one with fish and one day every other week with vegetarian food. There is

usually just one meal and many are disgusting; the kids are also limited to a certain amount, and have to eat a form of hard bread instead, but many take too much and older kids do not get enough. Some classes share classrooms and the teachers come to the students, but other classes have their own room that all grades are in, for example the gym or a science lab.

The systems are very different, but they are both a bit extreme and something in between would be great. In Sweden the kids have too much freedom and in America they have too little.

PUERTO RICO

By [REDACTED]



Puerto Rico has one of the richest artistic, cultural and historical heritages of all periods

Puerto Ricans are very proud of their roots, their culture, and their island. Even those not actually living in Puerto Rico — and there're many — usually refer to the island as their home. When you hear a Puerto Rican talking about his or her country, they don't usually mean the United States, but their little island. People of Puerto Rican origin whether they're living on the island or not usually refer to themselves not as *Americanos* (*Americans*), but as *Puertorriqueños* (*Puerto Ricans*).

Life on the Island:

All in all, there are around 3.6 million residents living in Puerto Rico. Another 4.6 million Puerto Ricans are living in the United States. Accordingly, more Puerto Ricans live on the US than in Puerto Rico itself. And even without them, the population density on the island is among the highest in the world. Puerto Ricans are generally very friendly and outgoing. As a foreigner living in Puerto Rico, you may soon come to the conclusion that many of the stereotypical Latin American characteristics are true for Puerto Ricans. One thing is certain: Puerto Ricans tend to be very lively and expressive, and like to underline their words with extensive gestures. They are also likely to meet you with great hospitality and see it as their personal responsibility to make your life here as enjoyable as possible.

Puerto Rico Today:

People living in Puerto Rico today observe mainly Spanish cultural and moral values and traditions and are predominantly of Roman Catholic faith. However, Puerto Rico is also home to the largest Jewish community in the whole Caribbean.

The influence of the United States is reflected in the university system and of course in the use of English as the second official language. However, a study by the University of Puerto Rico revealed that 9 out of 10 inhabitants of Puerto Rico didn't speak English at an advanced level.

In Puerto Rico, you'll discover an island of sharp contrasts, a place where the new and the old merge to form a very special mix of cultures. One area where old and new influences converge in a notable manner is architecture: Living in Puerto Rico, you'll find Spanish colonial buildings next to huge, US-style malls, which in turn coexist with tiny corner shops and ultra-modern construction projects.

SCHOOLS IN AUSTRIA

By [REDACTED]



School in Austria is really easy to handle, because the teacher takes it easy with you. In the U.S they care much more about if you do your homework or not and that is better, that means they care about your future and that you get a good education.

We go to school at 7:30am to 12:00 or 13:00pm. We don't have any school uniforms in Austria, because they don't have enough for every student in the school, because there are too many students.

We don't have an ELL program in Austria because there are not a lot of people that come from other

countries. Lunches are usually sandwiches.

CHINESE SCHOOL

By [REDACTED]



Are you a student? Are you interested by schools in any other countries? Would you like to know about school in China? What about my school in China? Let's talk about it!

Schools in China start at about half past seven. After we have four classes, we go home at about 11:55 AM. At 2 PM, we go to school again. In the afternoon, we have four classes. From half past five to ten past six, we can have dinner. After dinner, we have night classes until ten to eight. It always makes us feel very tired.

One grade has ten classes and there are 51 students in my class. It is a lot, isn't it? In our school, students can learn English, Spanish, French, or German. But one class' students take every class together, and they don't change classrooms, except for P.E or music.

One class is about forty-five minutes, and after that, we relax about ten minutes. It really lets us feel relaxed!

SCHOOL IN KOREA

By [REDACTED]



What is different about Korean school and American School?

Most of the students is Korean in Korean school almost (99.9% just my school), but Amherst Regional Middle School is little different. Amherst Regional Middle School has Hispanic, Asian, Black and American students. Korean school is different because of the classroom system too. In American schools, the students always move from one class to another one but in Korean schools, students just wait for each subject teachers (except for P.E.).

The lockers are different, too. Korean school lockers are smaller than American school, but we have a private desk and we can keep some books in it. Most days, Korean schools don't have homework (just my school), but our grade is based on a big test.

We have four tests each year. Here we have homework and tests too, but the grade is not based only on the test. Here there is after school, but Korean school doesn't have it. We just go to academies for extra lessons.

Most of the Korean middle school students have to wear uniforms but no at ARMS. Lunch is different too. Here, students can choose lunch food like hamburger or pizza or sandwiches, but in Korean middle school students have to all eat the same lunch.

In my opinion, Korean middle school and American Regional Middle School have a lot of different things.



MY KHMER SCHOOL AND ENGLISH SCHOOL



By [REDACTED]

In Cambodia, school starts at 7:30am and we end school at 11:00am. I go to English school at 12:00pm and we end school at 5:00pm. Also, every month we have to switch times to go to school; for example we go to school at 12:00pm to 5:30pm and English too.

We wear uniforms to both schools. We have to get there on time or you get in trouble. Also they will close the gate when they ring the bell. We have homeroom but we don't have PE, drama, gym, health and so on. Maybe in the richer schools they have classes like that, like my brother.

In the morning we exercise for 15 minutes and in the evening too before we go home.

In my English school we have to wear uniform, wear sneakers, tie, and a backpack. If you didn't wear sneakers and you wore sandals you have to go to the office and they will ask you why you didn't wear sneakers, or the teacher will ask you why you didn't wear sneakers. They will make you cry and make you speak. If you do not speak they will call your parents. In Khmer school, we don't have to wear sneakers; you can wear whatever you want.

In English school we have to pay money every month. It depends on your grade and the money you have. We have to buy our own lunch or you can bring lunch too.

I learned English for ten years. I started school at 3 years old. I didn't have much homework to do in school.

In English school we have to pay money every month. It depends what grade you are in. The cost goes higher with each grade. I was in level 4 and my parents had to pay \$260 for a month. In Khmer school when we go to school, we have to pay the teacher like 30c for a day.

CHINESE NEW YEAR

By [REDACTED]

The Chinese people celebrate this holiday, but other countries celebrate Chinese New Year too, like Cambodia, China, Thailand, and Vietnam. My family always celebrates Chinese New Year and Cambodian New Year. Chinese New Year started on February 19 this year.



They celebrate Chinese New Year because Chinese New Year is an important Chinese festival. It is celebrated in the Chinese calendar. It is also known as the spring festival, the literal translation of the modern Chinese name. Chinese New Year is usually from Chinese New Year's Eve until the last day of the last month of the Chinese calendar.

The festival is on the 15th day of the first month, making the festival the longest in the Chinese calendar. The first day of the New Year falls between January 21 and February 20. Chinese New Year is centuries old and gains significance because of several myths and traditions.

Traditionally, the festival was time to honor deities as well as

ancestors. Chinese New Year is celebrated in countries and territories with significant Chinese populations, including Mainland China, Hong Kong, Macau, Taiwan, Singapore, Thailand, Indonesia, Malaysia, and the Philippines. Often, the evening preceding Chinese New Year's day is an Occasion for Chinese families to gather for the annual reunion dinner. It is also traditional for every family to thoroughly cleanse the house in order to sweep away any ill fortune and to make way for good incoming luck.



FAMOUS PLACES IN CHINA

By [REDACTED]

There are many famous and beautiful places in the world. Everyone wants to see them. Do you want to see the famous places in China? Let's see them!



The Great Wall:

The Great Wall of China is a series of fortifications made of stone, brick, tamped earth, wood, and other materials, generally built along an east-to-west line across the historical northern borders of China to protect the Chinese states and empires against the raids and invasions of the various nomadic groups of the Eurasian Steppe. Several walls were being built as early as the 7th century bc;[3] these, later joined together and made bigger and stronger, are now collectively referred to as the Great Wall.[4] Especially famous is the wall built 220–206 bc by Qin Shihuang, the first Emperor of China. Little of that wall remains. Since then, the Great Wall has on and off been rebuilt, maintained, and enhanced; the majority of the existing wall is from the Ming Dynasty.

Other purposes of the Great Wall have included border controls, allowing the imposition of duties on goods transported along the Silk Road, regulation or encouragement of trade and the control of immigration and emigration. Furthermore, the defensive characteristics of the Great Wall were enhanced by the construction of watch towers, troop barracks, garrison stations, signaling capabilities through the means of smoke or fire, and the fact that the path of the Great Wall also served as a transportation corridor.

TEACHER INTERVIEWS

INTERVIEWING MS. REYES

By [REDACTED]

1. When is the happiest moment you've been teaching students so far?

My happiest moment as a teacher is when students show growth. I feel rewarded when my students have learned enough skills to become more independent.

2. When is the saddest moment you've been teaching students so far?

My saddest moment was when one of my favorite students passed away at an early age.

3. What do you hope or expect from students?

I have HIGH EXPECTATIONS for ALL my students. I expect nothing but their best. As a teacher I work very hard, so I expect my students to do the same. Working hard will help reach goals in life. WORK HARD & GET SMART!

4. What do you think about ELL Class students?

I LOVE MY ELL CLASSES! I learn so much from my ELL students. ELL students are full of innovative ideas, interesting diverse cultural backgrounds with amazing points of view, and remarkable connections to parts of the world that I probably will never have the chance to explore. When I'm with my ELL students, I feel that I'm traveling around the world- it's so cool!

5. Can you tell me something that each ELL class student does well?

ALL of my ELL students bring a wealth of knowledge and valuable differences. I appreciate their perseverance, courage and compassion.

6. Since when are you a teacher?

I've been teaching since 1991.

7. What is are you most impressed about your students?

I'm most impressed when I see significant improvement in student's reading and writing abilities in English. This year I'm very impressed with their 5-paragraph analytical essay writing. It was a lot of work but they all did an incredible job! AWESOME!

8. Do you have any plans for teaching? (For 7th grade students)

As a teacher you are always planning even when you're not at school. Teachers are constantly thinking of ways to instruct, and improving their teaching practices.

9. What do you think about ELL beginner students need?

PRACTICE AND MORE PRACTICE! By practicing a specific skills on a daily basis will increase your chance to master the skill. Learn by doing and get better by working hard.

MS. LÓPEZ

By [REDACTED]

Ms. López has been teaching for 20 years and for 11 years at ARMS. She teaches English language learning (ELL), Spanish, and French. She never gets tired of her students. She is tired because she has to wake up early but she doesn't get tired of her

students. She still wants to be a teacher. That is her favorite job.

The most special thing about teaching is student because they make her laugh and have fun. She feels like she can do a good job with them. Also, she likes to work with the teachers. She likes this job because she thinks she will do a great job with it and be a good teacher to them and understanding them. She thinks giving more homework can help students practice, but she doesn't believe that giving a lot of homework every day is always helpful (but she knows some teacher do give a lot).

When Ms. López was younger, she didn't want to be a teacher, but then she became a teacher because she heard somebody speak about a book he wrote about teaching, and it made her think it is the most important thing that she can do.

Ms. López is very happy to be a teacher. She gets very excited for school even if she is tired, like we are all tired. She is still happy to come to school. This makes her smile.

Something that makes Ms. López sad is that teachers have a lot to do. Sometimes, it's too many things to do. Sometimes it makes her sad when students don't try hard in class. If they don't try at all it makes her sad. If they try, it makes her happy.





FOOD

POTATO PANCAKES **WITH BACON** **(SWEDEN)**

By [REDACTED]

Ingredients for six servings:

3 cups of flour

6 cups of milk

3 eggs

1 ½ teaspoons of salt

2 huge potatoes

2 carrots

2 tablespoons of real butter

280 (or more) grams of bacon

If you want to add cranberry jam
then you'll need 200 grams of

cranberries and 3 tablespoons of
sugar

Steps:

1. Turn the oven on 125 degrees and put in a plate
2. If you chose to make cranberry jam then you mix the cranberries with the sugar in a saucepan and put it on low heat, make sure to mix it so that the sugar can melt
3. To make the potato pancake you mix the flour and half the milk to a smooth mix, then you add the eggs, the salt and the rest of the milk
4. Peel and grate the carrots and potatoes, put it in the dough

5. Make small pancakes
6. Put them in the oven to keep them warm
7. Make your bacon
8. Eat and enjoy

In Swedish it is called *raggmunk* and is a popular dish, especially in the middle and south of Sweden. It is the official dish of Östergötland.



CHINESE FOOD: SAD **NOODLES**

By [REDACTED]

It's a famous Chinese spicy food from Sichuan. It's so spicy that you even will hurt your stomach.

SPICY. That's why it is so famous. We all know that hot pepper is

really spicy but this dish is **2,100 times** spicier than hot pepper!!!! That's the reason why it is so delicious.

You can't control yourself because it's yummy! ☺ But it's hot you feel like you can't bear anymore! ☹ The feeling makes you love it!

And why is it called SAD noodles? There is a fun thing about it.

When you eat it you can't control your body; you burst into tears. Other people don't know the reason, they think you are sad. So it's called like that. SAD.

Anyone want to try?



FOOD IN JAPAN (SUSHI)

By [REDACTED]

What is sushi?

Sushi (すし, 寿司, 鮓) is a Japanese food consisting of cooked vinegared rice (鮓飯 sushi-meshi) combined with other ingredients (ネタ neta), seafood, vegetables and sometimes tropical fruits. Ingredients and forms of sushi are all different, but the ingredient which all sushi have in common is rice (shari (しゃり) or sumeshi (酢飯)).

Sushi can be prepared with either brown or white rice. Sushi is often prepared with raw seafood, but some common varieties of sushi use cooked ingredients or are vegetarian. Raw fish (or occasionally other meat) sliced and served without rice is called "sashimi".

Sushi is often served with pickled ginger (ガリ gari), wasabi, and soy sauce. Popular garnishes are often made using daikon.

Do you like sushi? Do you want to know how to make sushi? This is the way that tells you how to make sushi.

1. "The rough side of the nori"

Feel the nori sheet from both sides and you will find one side to be a bit smooth and the other a little rough. The nori should lay on the rolling mat with the rough side facing upwards.

2. "Getting busy with rice"

Get your hands wet, and make about a handful of rice to a ball of rice. It's important to keep your hands wet while working with

sushi rice because it is sticky. When you work with the nori though, you should keep them as dry as you can. That is why you should have a bowl of water (with a bit of rice vinegar added to it) and a dry hand-towel nearby when making sushi.

3. "The spread" Gently put the rice ball in the middle of the nori sheet, and start spreading it equally on the nori, creating a layer of rice covering almost the entire sheet except the upper margin of about 2 cm that should be kept uncovered. Later on, the margins need to be empty of rice in order to close to sushi roll properly. Be careful not to compress the rice, but merely spread it over the nori.

4. "Can you fill this?"

ALCAPURRIAS

By [REDACTED]



Alcapurrias are a typical food in Puerto Rico.

Approximately %99.9 people in Puerto Rico like alcapurrias! So, I'm going to teach you how you can make one in your house:

Ingredients:

5 very green bananas
2 pounds of yautia.
2 teaspoons of salt.
1 packet of Sazón with Achiote.
1 tablespoon of melted cooled shortening.

1 lg bowl hot water.
1 lg bowl salted water.

Procedure:

Fill a bowl with hot water. Cut the ends of the guineitos and cut a slit lengthwise. Then place the guineitos in the hot water (hot water makes them peel easier).

Peel the guineitos and yautía and as you peel place them in the salted water. If you are going to use a hand grater use the fine side and grate the vegetables into a plastic bowl. Note: If you have a food processor cut the vegetables into small pieces and process until fine. Add the salt, Sazon and shortening and mix well. Refrigerate for 3 hours or for best results overnight.

The meat stuffing (picadillo):

1/2 pound of ground pork meat or beef

1/2.ounces of tocino (salt pork)

1 ounce of jamón de cocinar (cooking ham)

2 tablespoons of recaíto

1/2 teaspoons of dried oregano

1/2 teaspoon of olive oil

1/2 teaspoon of Sazon with achiote

1/2 teaspoon of salt

1/4.teaspoon of black pepper

4 large pimento stuffed olives (chopped)

1/2 teaspoon of alcaparras (capers)

In a frying pan brown the meat. Once browned add all the remaining ingredients and stir

well then cook at medium heat for 15 minutes. Taste the meat for seasoning; add more salt if needed to taste.

Heat 2 cups of vegetable oil to 375 degrees. Take a large piece of aluminum paper and place a little oil on top and smear it around. Spread about 1/4 cup of the alcapurria dough onto the aluminum paper. Place a tablespoon of the meat filling in the middle and flip one side of the dough over using the aluminum paper to cover the meat. Using a spoon help glide the dough gently into the hot oil. Cook until golden brown and blot on paper towels.

Makes approx. 15 alcapurrias.

Enjoy!

CHICKEN TAHCHIN

By [REDACTED]

Country: Iran



Ingredients:

1.5 Cups Rice

1 Small Onion

1/2 lb (226g) Boneless Chicken

1 Tsp Zafran (saffron)

Salt, Ground Chili Pepper

1/4 Cup Oil

4 Egg Yolks

10 oz (283g) Plain Yogurt

3 Tbsp Dried Barberries



(Zereshk)

PREPARATIONS:

1- Soak the rice with 2 tsp salt for an hour in a pot.

2- Slice the onion.

3- Soak the zafran for 20 minutes.

4- beat the egg until fluffy.

DIRECTIONS:

1- Put the onions into a pot.

2- Lay the chicken pieces on top of the onions.

3- Add some salt and fill the pot with boiling water until it covers the chickens.

4- Put the lid on the pot and let it simmer for 20 Minutes.

5- Take the cooked chicken pieces out of the pot (keep the water in the pot, you will need it in step 19) and slice them in smaller pieces.

5- Bring the soaked rice pot to the boiling and continue simmering until the rice becomes tender.

6- Drain the rice in a colander.

7- Pour 10 oz of plain yogurt in a bowl.

8- Add half of the beaten egg yolks, ground chili pepper and 1 tbsp of the soaked zafran(saffron) to the bowl and mix them together.

9- Add the chicken pieces to the bowl and mix up with the egg yolk mixture.

10- Take another pot and add 2 tbsp vegetable oil.

11- Add the rest of the beaten egg yolks to this pot.

12- Add 2 tbsp of the egg yolk mixture (step 8) to the pot.

13- Add 2 tbsp of the drained rice to the pot.

14- Stir until well mixed.

15- Flat the mixture, take the chicken pieces out of the bowl and put them in the pot on top of the mixture.

16- Add 3 tbsp dried barberries (Zereshk).

17- Add the rest of the rice to the pot.

18- Flat and spread the rice across the pot but don't mix with the mixture.

19- Now take the egg yolks mixture bowl (step 8) add 1/4 vegetable oil, and 2 tbsp of the zafran (saffron), and pour the boiled water (left from the onion and chicken's pot) into the bowl until it covers the mixture and mix thoroughly.

20- Back to the rice pot, again put pressure on the rice and press down using a large spoon (as shown in the video 3:13) and pour the rest of the egg yolk mixture on top of the rice.

21- Cover the pot with the lid and let it simmer for 120 minutes over low heat.

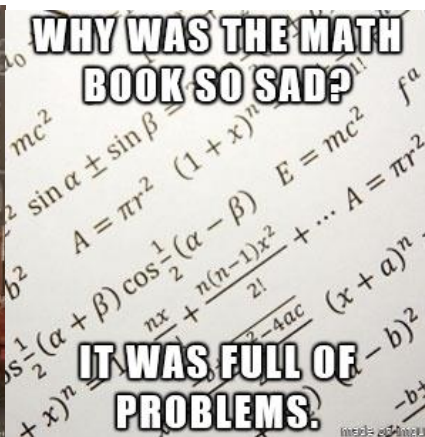
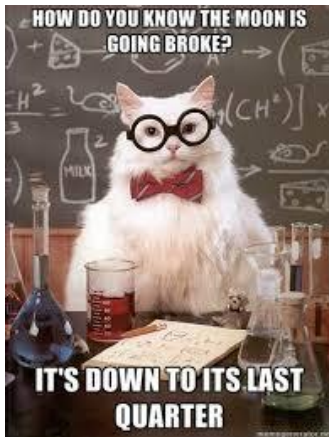
Sudoku Puzzle

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

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|---|---|---|---|---|---|---|---|---|
| 5 | 7 | | 3 | | 8 | | 4 | |
| | | | | | | 6 | | |
| | 2 | | | | 7 | | 9 | |
| | 8 | 3 | 9 | | 4 | 5 | | 2 |
| | | 2 | | | | 4 | | |
| 7 | | 5 | | | 2 | 9 | 8 | |
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| | | 4 | | 1 | | | | |
| | 3 | | | | 9 | 1 | 2 | 8 |



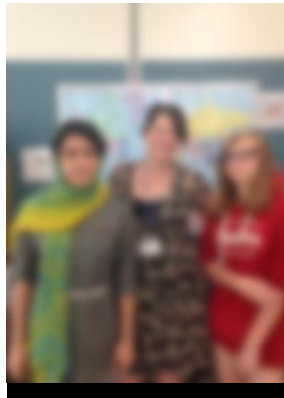
JOKES



REPORTERS



Oral Communication Class 2014-15:



Academic Language Class 2014-15: Negar Farahbakhsh, Ms.López, Kajsa Hansson-Willis



BACK COVER DESIGN: 

SCORPION VS SUB ZERO

