

## School 5 Days a Week

Irena Avalos

Recently, the students in the middle school have been given the choice to attend school five days a week. Of course, if students do not feel comfortable going into school, they can remain remote. Students still have to wear masks in school, but five days a week is the closest thing to a normal school year. Kids get to see their friends more often and have the in-person learning they need. The school and the Board of Education are still looking for solutions to make this school year as normal as possible. The current 8th graders will be graduating this year, but hopefully the upcoming 7th and 8th graders can go back to school full-time in September.

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## TITLE: When Will It End MEANING: To Bring Hope

Matthew Brodsky

The "end" is a word that was created by us. When does something count as reaching its end point? That is for us to decide. If we have the mentality of this being over, then maybe we can all appreciate life more. We can see how free we are to live because the "end" never truly IS the "end". The end becomes the end when we say so. Maybe one day it will be over, but not until we say it ends because the real end is when there is no one left. This is why we have to appreciate every second that we have on this Earth. We are given a chance to achieve, create, or destroy with every second. No matter how down, mad, or sad you may feel at any moment, just know that no matter what, it will never end until you say it ends.

## The COVID-19 Vaccine Phases

Sahir Baksh

As we are hopefully nearing the end of the COVID-19 pandemic, there are some things you should know about the vaccine. The purpose of vaccines is to prevent you from easily getting a virus. Yes, you may still get a virus, however you will most likely have a more mild case as compared to someone who doesn't get the vaccine. Someone who doesn't get vaccinated may have more severe symptoms.

There are three phases of the vaccine distribution. In Phase 1a, called the "jumpstarter phase", people who were health care workers and residents and staff of nursing homes were vaccinated first. In Phase 1b, anyone that was 65 years or older could get the vaccine. In addition to that, anyone aged 16-64 who had chronic medical conditions, first responders, frontline essential workers, and students at colleges and universities were eligible to get the vaccine. In Phase 1c, transportation workers, anyone ages 16-64, and other essential workers, were able to be vaccinated.

In Phase two, the vaccine was distributed to educators and school staff who were not included in Phase one. It was also distributed to people who have disabilities, people living in homeless shelters, and people who were in prison, and detention centers along with its staff.

In Phase three of the vaccine distribution, young adults and children are getting the vaccines. Hopefully, we can soon have our freedom back. However, we should still maintain our social distance and keep wearing our mask. One more thing to keep in mind is we need to say thank you to the scientists for coming up with this vaccine in such a short period of time. Without them we would still be in this pandemic for much longer.

All in favor  
of a COVID-19  
vaccine, raise  
your arm.



# How to Stay Busy in the Summer

Anna Bergelson

Can you believe it? We are almost done with the school year and are ready to start summer vacation! Below are some fun activities you can do during the summer.



**Movie Night:** Find a good movie to watch, and don't forget the popcorn!



**Picnic:** Grab some snacks and have a picnic in the nearest park.



**Nature Art:** Collect leaves and flowers outside to press!



**Cook a New Dish:** Challenge yourself to cook a new dish using ingredients you already have in your house!



**Go Biking or Walking:** This is a great way to get exercise on a sunny day.



**Day Trips:** Take a trip to some locations close to Cliffside Park! A good place to visit is the Fort Lee Historic Park or the Ross Dock Picnic Area.



**Plant a Garden:** Planting a garden is a great way to pass time and support the environment.

# The Summer Olympics 2021

Weiwei Qiu

Covid-19 stopped much of the world and everything just seemed to pause. Now after more than a year of everyone waiting, the summer Olympic games are expected to be back in Japan on the 23rd of July.

The Olympics will be held at the Olympic Stadium in Tokyo. Japan previously hosted the Olympics in the summer of 1964, 57 years ago. Tokyo will be the 12th city to ever host the Olympics more than once.

The Summer Olympics are expected to continue despite the fact that sentiment against the games have risen in Japan. This is because the COVID vaccinations in Japan were not expected to start until May. Japanese citizens are worried and based on a poll conducted, 77 percent want the Olympics to be postponed or cancelled.

Even with all the controversy, the Olympic games are NOT expected to be cancelled. Beijing is scheduled to host the games in 2022 and Paris in 2024.

## Staff

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# Treats to Make Over the Summer

Kevin Matias

Over the summer, there are many ways to treat yourself at home with just a few ingredients you might have.

**Yogurt Parfaits-** Grab some yogurt from your fridge, cut up a variety of fruits such as strawberries, bananas, apples, and blueberries and mix that up. Then combine some toppings, like cereal, granola, or graham/animal crackers to turn it into a delicious parfait.

**Juice Ice Pops-** Take juice from your fridge and pour it into popsicle containers or tiny cups and place a stick on top. Let it freeze overnight and before you know it, you have some refreshing homemade popsicle sticks.

**Homemade Ice Cream-** In a small ziplock bag, mix half-and-half, sugar, and vanilla together. Push out the excess air inside and seal it. Then place the small bag into another bag filled with ice and salt. Shake the bag until the ice cream hardens, and then you're ready to eat.



**S'mores-** This is a great summer favorite, especially when camping. Take two graham crackers and add a marshmallow and piece of milk chocolate. Place on a baking sheet and into an oven. Or you can put the marshmallow onto a stick and place it over a campfire. After the marshmallow is melted, form a s'more sandwich with a graham cracker on the bottom, chocolate, marshmallow, and graham cracker on top. Either way, it's very delicious.

**Brownies-** Brownies may sound like a very difficult treat to make, but this recipe only has two ingredients! In a bowl, mix together four whipped eggs and a cup of Nutella. Afterward, pour it into a baking pan and let it bake in a 350 degree oven for about 25 minutes. When it's done, you're ready to eat.

# The Pandemic's Big Fail

Arhaan Gandhi

In my opinion, undoubtedly, America has mismanaged the Covid-19 pandemic. First, the former administration underestimated the impact of this virus. Second, citizens did not follow the rules and threat of the virus. Last, many did not follow the guidelines outlined by the World Health Organizations and the CDC.

Former President Donald Trump and most of the world did not initially recognize the severity of the disease. Coronavirus has become the new normal for all of us, although some people want to believe the pandemic does not exist.

Many US citizens did not follow fundamental guidelines. I have personally seen people not wearing masks or social distancing. The country should work together to help with the solution.

There are over 29 million cases in the US and over 112 million cases worldwide. The vaccine is part of the process to hopefully see an end to this pandemic. We all need to do our part so we can move forward.

## Announcements

Anna Bergelson



A football clinic will be held on the CPHS football field on June 6, 11:00 AM to 1:00 PM. It is open to all students from 2nd grade through 12th grade.



There will be an end of the year event for all 8th grade students on June 10, 2021 (Rain date is June 11, 2021.) It will take place on the field and there will be food and activities for all of the students that attend.



Complete the "Cliffside Park High School Athletic Sign-Ups!" Google Form if you plan to join a Red Raiders Athletic Team.



**CONGRATULATIONS TO THE CLIFFSIDE PARK MIDDLE SCHOOL**

**CLASS of 2021**

# The Pros and The Cons:

## Well-known (but not popular) Sports

Logan Yoon

Sports are always popular in schools, and ours is no exception. We all know about the popular ones like soccer, basketball, football, and volleyball but what about other less common ones? Today I will be going over the pros and cons of three less common sports that are not played as much as the others.

### Hockey

Hockey (Ice Hockey to be specific, sorry field hockey) is what I believe to be the most common (or at least well known) out of the three discussed here. Hockey is a 6 vs 6 (or 7) where players on ice skates must use hockey sticks to shoot a puck into a goal.

**Pros:** If you live in a colder climate, it will be easier for you to find arenas to play at, as people in colder climates are more interested in this type of sport. (Canada being a big example). Since it's a team sport, it will improve both your health and social skills working with your teammates. It can be played year-round IF you have an indoor arena.

**Cons:** Alternatively, if you live in a warmer climate, it might be harder for you to find places to play. Also, hockey is a very injury-inducing sport, and getting hurt is very common in hockey. Hockey equipment is more costly than many other sports.

### Swimming

I'm pretty sure a lot of people know about swimming, and many of us have done it before. However, I don't think a lot of people know about the sport of swimming, and even less do it. Swimming is, you guessed it, a race in a pool (or open water) involving using one's body moving through water. There are many categories to swimming: butterfly, backstroke, breaststroke, freestyle, and individual medley.

**Pros:** Pretty much universal. However, it's more likely going to be indoor pools in colder climates and open water in hotter climates. The equipment is cheap, but trainers can be costly. Swimming is an essential survival tool, which just might help you not drown.

**Cons:** (This can be a pro for some) Swimming can be a very rigorous sport, involving all parts of the body to move through the water.

### Archery

I think that this is the rarest out of the three sports, and I think it's probably one of the coolest. It is played by shooting a bow and arrow. Archery is a point-based game involving shooting a bow and arrow towards a specific target.

**Pros:** (In my opinion) Just a pretty cool sport to play, telling people you shoot bow and arrow. Can be done year-round indoors. Improves hand-eye coordination.

**Cons:** (This can be seen as a pro) Archery is intensive on the arms, requiring immense strength to pull back a bow. No exercise for the legs. Gear is extremely expensive, costing thousands of dollars.