

Signs of Spring's Arrival

Dionysia Diakomihalis

On March 20th the spring equinox officially began! Signs of spring will begin to be seen, so keep an eye out for the following!

1. **Butterflies and bumblebees** can be seen. Find them near flowers, parks, and grassy gardens!
2. **Bright yellow daffodils** that compliment the golden sun are easy to spot while in the car or walking!
3. When you are just waking up in the morning, or waiting outside of school at 8:10 A.M, listen to the gentle sounds of **chirping birds!**
4. Soon, the sun will begin to set later and later in the night.
5. The most evident and definite sign of spring are the **buds and blossoms appearing on every tree branch!**



Artwork:
Sienna Jorge

Self-Care Tips

Kyara Jorge

It is sometimes difficult to focus on yourself. Here are some ideas:

--Take a break, do an activity that fits your interests. Some common activities are crafting, organizing, skin care, and many others.

--Having a skin care routine allows you to feel relieved and refreshed. This gives you time to also feel better in your skin.

--Have a good sleeping routine. This helps you feel organized and satisfied after a full night of sleep.

--Take some time to meditate. This helps you focus.

Cheerleading

Nora Boumghait



Cheerleading is an amazing sport, but unfortunately we only had 4 people join this year. The cheering squad consisted of Wilma Nunez, Oluwatamilore Sanni, Jestina Mugwisi, and Nora Boumghait. We performed the cheers Yell, Go Raiders Go, Cliffside on this Side, and Clap your Hands. We also learned how to do cartwheels and other fun tricks thanks to our Coach Ms. Pesa. Next year all 7th and 8th graders should consider joining.



Animal Shelter Fundraiser

Brooklyn Pak

The Student Council hosted a fundraiser for Angels and Animals Shelter in Cliffside Park, NJ. 8th period classes collected blankets, paper towels, dog food, toys, and much more. The class who brought in the most donations won a munchkin party. Congratulations to Mrs. Frohlich's class for bringing in the most donations!

Hosting fundraisers like this at school is a great way to raise awareness of things we may not have realized are needed. Animal shelters are always in need of donations. They give animals a safe place to stay while waiting for treatment or a new home. Without animal shelters, people may not find their beloved pet or a place to keep strays safe.

If you ever see an animal in need of help, call an animal control center or a shelter. Don't be scared, you could save their life!



Student Council

Arhaan Gandhi

Cliffside Park Middle School Student Council has been actively running fundraisers, bake sales, candy-gram sales, School Spirit Week, and much more. The student council members are dedicated to hosting many profitable events. For example, The Candy Gram Sale for Valentine's Day sold out in just two days and made over \$150 from the sale of lollipops. In March, we hosted a Good Luck Lollipop sale where students could send their friends a good luck lollipop on St. Parick's Day. Some of the events include prizes for the class with the most gathered items. Much of the proceeds are put toward charities in need. Student Council encourages all students to participate. A special thanks to Mrs. Bonomo and all of the members of Student Council for hosting all of these activities.

Here is what happened during February's Spirit Week.

Spirit Week : February 14-18	
MONDAY	Valentine's Day: Wear pink, purple, or red.
TUESDAY	Hat Day
WEDNESDAY	Raider Day/ Wear Black and Red
THURSDAY	Twin Day/ you and a friend can dress the same.
FRIDAY	Celebrate President's Day/ Wear red, white or blue.

Spirit Week (February 14-18)

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The Unsuccessful Organ Transplant

Sahir Baksh

A new groundbreaking discovery has been made. On January 10th a 57 year old man with heart disease received a heart transplant from a genetically modified pig. The eight hour operation took place in Baltimore, Maryland. This operation was innovative and amazing because it was the first successful operation of a human to receive an animal's organ. Sometimes when people have an organ transplant, the human body "rejects" the organ. Scientists needed to modify and alter the pig genes in order for the man's body to accept the organ. However, sadly on March 9th he passed away after two months of having the modified pig heart transplant. Hopefully, we will learn from this surgery and that future patients will benefit from this.

Book Review:

They Both Die at the End by Adam Silvera

Dionysia Diakomihalis

They Both Die at the End by Adam Silvera blew up across the social media platform, TikTok, during 2021. The book portrays two teenage characters who received a call from Death Cast, informing them that their death is to take place within the next 24 hours. The characters, Mateo and Rufus, have very different complex lives. They met on an app for people on their death days. *They Both Die at the End* is a good book for anyone, especially when in a reading slump. It is fast-paced with short chapters and different points of views for each character that adds layers of intrigue and anxiousness. This is not for people who enjoy more sophisticated or mature literature. For example, there are several pop culture references, childish moments, and urban dialect that sometimes seem irrelevant or random. Silvera creates a tight and unexpected bond between the two characters that allows the reader to easily relate to the pair. However, no matter how much you are enjoying the story, remember they both die at the end!



CPMS Girls Basketball Team
Photo: Courtesy of CPMS Yearbook



CPMS Boys Basketball Team
Photo: Courtesy of CPMS Yearbook



Artwork: Dionysia Diakomihalis

Dessert Recipes

Lana Mehetarian

Lamington Sponge Cake Recipe – from Australia

Not a commonly known dessert, Lamingtons are little sponge cakes that are covered in chocolate and grated coconut shreds. They have roots as a traditional Australian treat that is enjoyed by most people. You can have this sweet treat whenever you like, even just as a quick, on-the-go snack!

Cake Ingredients:

- 2 cups of all purpose flour
- 4 teaspoons baking powder
- 1/8 teaspoon salt
- 1/2 cup room temp butter
- 3/4 cup of white sugar
- 1 teaspoon vanilla extract
- 2 eggs (room temperature)
- 1/2 cup of milk

Icing Ingredients:

- 4 cups of confectioners' sugar, sifted*
- 1/3 cup of cocoa powder, sifted
- 2 tablespoons melted butter
- 1/2 cup warm milk
- 1 pound of unsweetened dried coconut

*Sifting means to filter out any dry ingredient in order to make the texture more smooth for a better product.

Steps:

1. Preheat your oven to 375 degrees Fahrenheit.
2. Grease and flour an 8 by 12 inch pan.
3. Sift together the flour, baking powder, and salt, creating a flour mixture. Set that aside for later.
4. Beat together 1/2 cup of butter and 3/4 cup sugar in a large bowl with an electric mixer until you get a fluffy, light mixture. Then add room temperature eggs one at a time and when adding the last egg, mix in your teaspoon of vanilla extract. Start pouring the sifted flour mixture, made in step 3, into the large bowl, and alternatively pour in milk until both combinations are mixed together well.
5. Add the batter to the pan and bake in the preheated oven for about 30–40 minutes.

★ TIP: Times may vary depending on how long it will take for the batter to bake, so just use a toothpick to check the condition of your cake! Stick it into the cake, and if it comes out clean then you are ready to take it out of the oven!

6. Once you take it out of the oven, let it stand for about 5 minutes and then turn it out onto a wire rack to cool.
7. Wrap it in plastic wrap and store overnight at room temperature.

Sweet icing!

1. In a large bowl, combine confectioners' sugar and cocoa. Add the melted butter and warm milk and mix them together very well.
2. Take off the plastic wrap and cut the cake into 24 squares. To top your cake off with coconuts, pour the shredded coconut pieces into a bowl and after you are done coating each side of your cake with icing, roll it in the coconut! Put it on a rack for drying.

Semi-sweet Chocolate Mousse

This chocolate mousse recipe is extremely simple to make, with only a couple of steps and ingredients...

Ingredients:

- 1/4 cup of semi-sweet chocolate chips
- 1 tablespoon of water
- 1 large egg yolk, lightly beaten
- 1 1/2 teaspoons of vanilla extract
- 1/2 cup heavy whipping cream
- 1 tablespoon of sugar
- Whipped Cream
- Raspberries

Steps:

1. In a small saucepan, melt the chocolate chips and water and stir over a low heat until smooth.
2. In a separate bowl, add the beaten egg yolk. Mix a small amount of the melted chocolate with the egg yolk and then add the mixture to the saucepan. Cook and stir for a few minutes or until slightly thickened.
3. Take the saucepan off the stove and mix in 1 1/2 teaspoons of vanilla extract.
4. In a separate bowl, add your heavy whipping cream and start beating it. Slowly add your tablespoon of sugar and mix the two together. Continue beating until soft peaks form in the cream.
5. Now combine the melted chocolate bowl with the whipping cream and gently stir the two together.
6. Evenly distribute the mousse mixture into two cups and place in the fridge for 2 hours to cool.
7. You can add whipped cream and raspberries.



Artwork: Isabelle Nakano

Picnic Recipes

Mubina Tojimatova



Chicken Crunch Wrap:

- 8 breaded chicken cutlets (about 10 oz), cut up into bite size pieces
- 2 cups coleslaw mix
- 1/2 cup sweet chili sauce for the wrap
- 2 green onions, chopped
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon soy sauce
- 4 flour tortillas (8 inches), warmed

--Place all the ingredients into the tortillas and roll them up.

Kimbap (5 rolls):

- 5 sheets seaweed paper, roasted slightly
- 4 cups cooked rice
- 1/2 pound cooked beef skirt steak
- 1 large carrot, cut into matchsticks (about 1 1/2 cups)
- 5 strips of yellow pickled radish (8" long strips)
- 3 eggs, scrambled and cooked
- Soy sauce for dipping
- 2 1/2 tablespoons toasted sesame oil.

--Take one seaweed paper and put a scoop of rice.

--Put one strip of beef, carrots, pickled radish, and some eggs.

--Roll the ingredients inside the seaweed paper.

--Drizzle the sesame oil on top of the Kimbap roll to add more flavor.

--Dip in soy sauce.

Watermelon Feta Salad:

- Watermelon, cut up into chunks
- Red onion, chopped
- Feta cheese, 4 oz
- Mint leaves, shredded
- Cucumbers, chopped (optional)
- Balsamic vinegar or balsamic glaze (optional)

--Add all the ingredients to a large bowl and toss together.

Spring Break Activities

Vazirakhon Tojimatova

The days are getting longer, the weather is getting warmer, and spring break is around the corner. If you're looking for some fun, here are 10 things you can do during spring break:

1

Have a Picnic

Nothing is better than getting fresh air. Enjoy a meal outside at a nearby park, in your backyard, or on your porch.

2

Spring Cleaning

Now is the perfect time to get rid of any clutter in your house. Rearrange your room or donate unwanted items.

3

Take a Hike

Hit up a hiking trail and get some exercise.

4

Go to a Farmer's Market

Go shopping at the market and try new, fresh food.

5

Visit a Zoo or Aquarium

If you are an animal lover, I suggest you find a nearby zoo or aquarium! Take time to observe and pet the different animals.

6

Plant Flowers

The ground has finally thawed from the freezing weather. Plant spring flowers or trees in your backyard or local park.

7

Enjoy Nature Activities

Take advantage of the warm weather, and have some fun outside. Play outdoor games, go on a treasure hunt, or camp in your backyard.

8

Create Spring Crafts

Get crafty with projects that represent nature and spring-time. Learn to make paper flowers or create birdhouses for all the feathered friends in your neighborhood.

9

Treat Yourself

This is the chance to relieve stress and focus more on yourself. Make your own at-home spa night, try meditating, or enjoy a bubble bath.

10

Draw With Chalk

Brighten the neighborhood by drawing with chalk on your sidewalk. Create cool patterns and doodle.



Artwork: WeiWei Qiu

Eighth Grade Electives

Marina Ryan

On Monday, February 7th, emails were sent to all seventh graders regarding choices for eighth grade electives. Seventh graders must choose two electives. Six subjects are offered. The electives include:

ART

This is the class for you if you love to create! A variety of mediums are used to learn about concepts of art and each student's creativity. Projects are displayed on bulletin boards in the hallways.

GENERAL MUSIC

This is a music elective for students who enjoy learning the everyday aspects of music as well as learning about different genres of music from the past century.

BAND/INSTRUMENTAL MUSIC

Students continue their instrumental music education for their woodwind, brass, or percussion

instruments. Students will perform at a Winter and Spring concert. In addition, there will be two field trips to perform music in a local establishment and to Lincoln Center.

VOCAL MUSIC/GUITAR

Students study a variety of music and learn a variety of songs to be performed at the Winter concert and at Graduation. Students will also learn the basics of guitar performance.

HISTORY ELECTIVE

Students will learn about different eras and events of history via the mediums of film, projects, note-taking, and class discussion.

STEM

Students will focus on engineering and collaborative skills by building catapults and balloon-powered race cars, designing and constructing wooden bridges, and creating their own Rube Goldberg machines. Students will also practice basic coding and computer programming. Students will build their own KANO computers, learn the basics of block coding using Raspberry Pi and Python interfaces.

Interview with Ms. Schmitt

Nora Boumghait

Where are you from?

I grew up in Fairview and attended Cliffside Park High School.

Do you have any pets?

I have a dog named Kova who is a lab, pointer mix. She's 5 years old. We go on long walks and play fetch for hours.

What is your favorite hobby?

My favorite hobby is traveling. I have been to over 25 countries. I try to add at least 1 new country every year. My favorite country is Croatia, but I'm biased because that is where I spend my summers.

What made you become interested in teaching and who was your inspiration?

I always enjoyed history and learning, when I was a junior at Cliffside Park High School, I had the best history teacher, Ms. Cavaliere. She made a huge

impact in my life. She taught me how history can be fun, but also how important it is to be an active citizen, because we can all make a difference. Ms. Cavaliere also taught me my most valuable lesson as a teacher, and that is to care about your students. Students might not always remember every detail we teach, but they will always remember how much we care about them.

What are your main rules in your classroom?

Discipline plays a huge role in my classroom. I only have 2 rules, be on time and respect everyone. We may not always agree with each other, but we must always respect everyone's opinions and beliefs.

Where do you see yourself in 10 years?

Where I see myself in 10 years is that I love working with students and being a teacher so I know I will still be in education in some capacity.

What achievements have you received?

I have a Masters in Counseling and I would like to use that for the future.