

Things to do this Winter!

Lana Mehetarian



Artwork: Dave Patel

Winter is coming and so are the holidays! The CPMS break, from December 23rd to January 2nd is a perfect time to relax and spend time with friends and family. Here is a list of fun activities, places to visit, and delicious foods to try!

Activities and Crafts:

Secret Santa—What a better activity than holding a creative and mysterious Secret Santa with a group of friends and family!

Winter-Themed Journal—Decorate or start a winter-themed journal! Keep photos and souvenirs of fun experiences to remember.

DIY Sock Snowmen—Did you know you could make cute snowmen plushies from socks and buttons? Check out some videos on Youtube and look through Pinterest for inspiration!

Snowball Fights and Sledding—Bundle up and head out with friends to have fun snowball fights and

sled down hills. Adult-supervision recommended to safely find a hill to descend!!!

Gift Shopping—Don't forget to shop at American Dream, Garden State Mall, Paramus Park Mall, Westfield Mall, and City Plaza in Edgewater this season to find the perfect gifts for loved ones!

Attractions to Visit:

The Dreamland at American Dream—Check out the fun shops and recreations at American Dream's Dreamland attraction in East Rutherford, New Jersey. Doors are open until December 31st!

The Rink at Rockefeller Center in New York City—Visit the iconic skating rink at 600 5th Avenue, Rockefeller Center.

Cliffside Park Tree Lighting—Visit our local CPPD Station to witness our very own Cliffside Park Christmas tree!

Festival of Trees and Winter Village—Visit this craft and artisan open market in Clinton, New Jersey through mid-December.

Beverages and Foods:

Hot Chocolate—Grab a book or turn on the Hallmark channel and cozy up with some traditional hot chocolate!

Pot Roast—Assist family members in making the all-time favorite pot roast for your holiday dinner this season!

Hot Chocolate Cookies—Turn your favorite drink into a yummy dessert. Add chocolate chips and marshmallows.

Cranberry Orange Upside-Down Cake—This unique creamy cake is the perfect dessert to share with family and friends around the dinner table this winter.

Have fun and enjoy your time this winter break!

Staff

Joshua Fuentes

Kelvin Lico Morales

Sean Lyles

Lana Mehetarian

Brooklyn Pak

Solomon Pak

Brendan Park

Catharina Santana

Layout/Design

Dave Patel

Rail Safin

Elianna Zelaya

NJHS Coat Drive -

Photo description by: Lana Mehetarian

"Share the warmth this year!" The National Junior Honor Society held a coat drive during the months of October and November. They collected new and slightly-used coats.



Photo by: Lana Mehetarian

NJHS Food Bank Trip -

Photo description by: Lana Mehetarian

To start the season of giving, the NJHS visited The Community Food Bank of New Jersey for two hours to help stock and organize their pantry supply! Supervising teachers included Mrs. Foster, counselor and director of NJHS, and Mrs. Frohlich.



How to Prepare for High School

Brooklyn Pak

High school may seem like it is approaching really fast for 8th graders, but both 7th and 8th graders need to prepare for it. Middle school doesn't last as long as we would like. We need to get ready to take that leap into high school.

Time Management

Time is crucial in high school and figuring out when to study, sleep, and do your hobbies can be hard. Don't worry though, this guide will help you.

First things first, get 8-9 hours of sleep every night. Waking up around 7 a.m is a good idea considering school starts around 8 a.m. If you need more time to get ready in the morning, go to sleep earlier.

After school, you may want to stick around with your friends. When you get home you should start your homework and take breaks until dinnertime. Rest up and eat, then spend the rest of your night pursuing your hobbies or studying for tests.

Social Life

High school is an opportunity for a fresh start, a time you can run away from drama or problems you were facing during middle school. But, how can you prepare for the change or how can you maintain your relationships?

Change is something that takes a while to get accustomed to. To make the process easier, there are a few things you can do. Get the contact information of some of your middle school friends to keep in touch. This will give you someone to talk to while you're making new friends in a new school.

Summary

Whether you are in 7th or 8th grade, appreciate the time you have and try to keep up your grades. Follow those simple ideas and you will be fine in high school.

How To Make Hot Chocolate

Brendan Park

Ingredients:

- 1 microwave
- half pint of milk
- a mug
- 2 teaspoons of cocoa powder
- whipped cream
- marshmallows
- half of a chocolate bar
- sprinkles
- a mixing spoon and a knife

Step 1: Grab a mug and pour in the milk

Step 2: Put the mug in the microwave for 60 seconds then take it out

Step 3: Pour the cocoa powder into the milk and stir

Step 4: Put whipped cream on top of the hot chocolate and then add marshmallows

Step 5: Chop up all of the chocolate except for a thin slice

Step 6: Put the sprinkles and chopped chocolate on top of the whipped cream

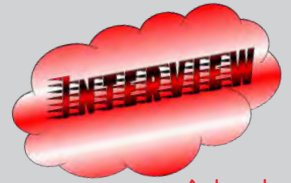
Step 7: Insert the chocolate slice into the whipped cream

Step 8: Enjoy!



Artwork: Catharina Santana

New School Lunch Rules!



Kelvin Lico Morales

Artwork:
Dave Patel

New lunch time procedures have begun in the middle school. Three teachers were asked their thoughts and opinions. The following teachers responded: Ms. Leone (math teacher), Ms. Palmieri (ELA teacher) and Mr. Taalu (PE teacher).

Do you see a positive response from students?

Ms. Palmieri: "The students seem to be more behaved but they seem to do not like it. From our standpoint they seem to behave."

Mr. Taalu: "I don't think there's a positive response from students but I think they are taking it the best they can."

Ms. Leone: "Yes, I see that students enjoy being able to have some play time when it is warm enough to be out on the field."

What is one thing you like about the change?

Ms. Palmieri: "I like that my classroom is clean after lunch now and more organized".

Mr. Taalu: "Teachers can discipline and see all the students in one spot instead of everywhere in the building."

Ms. Leone: "What I like about the change is that it gives more structure to the lunch period for students. That is, half the period you know to be in the cafeteria and the other half you are in the gym/outside. Also, if you are not in either location you provide a note to be with a teacher for extra help."

What would you change about the new lunch rules?

Ms. Palmieri: "Maybe have some activities in the gym instead of having you sit there."

Mr. Taalu: "The only thing I would change about lunch is to be more strict about food and water coming to the gym because kids aren't very responsive and leave garbage on the ground for other people to pick up."

Ms. Leone: "Since it's a new schedule and new lunch procedure I would not change anything."

How are we doing CPMS?

Marina Ryan

Marking period one passed in the blink of an eye and marking period two is half over. I think we can all agree that coming back to school was exciting and nerve wracking for all of us. It's the middle of the school year; we have settled in and have gotten more comfortable with our teachers, classes, and friends.

Seventh grader Dotan Rabinovitch said, "In the beginning of 7th grade, I didn't really know what to expect. Last year, we were wearing masks the whole time, we ate in the classrooms, and we also weren't even allowed to be near each other for the first half of the year. We also didn't have that many resources either, like books, worksheets, etc. so it was a really big change coming to middle school. This year everything is different. I get to sit next to my friends, work in groups, eat in the cafeteria and so much more. It was a complete shock seeing how much everything changed. Not only was I happy with the restrictions being lifted, but I was also excited to see how much more I would be able to learn. So overall, it was definitely a new experience for me. Everything now is smoother since we aren't so scared of this virus anymore. So yeah, that's pretty much my experience going into 7th grade, after

a world-wide pandemic."

Eighth grader Lindsey Park also expressed a similar view, "This new school year really did feel different than last year. Last year, the whole environment was new to me as we had just come into middle school and everything just felt different especially with covid regulations and mask mandates. I remember I was nervous about middle school with what to expect and keeping up with my grades. This year on the other hand, is smoother since I know where all my classes are, plus how to use lockers. I was excited to start school again and make some new friends. So far 8th grade has been quite fun."

Similarly, this is a big year for all middle schoolers, as this marks the beginning, or end, of middle school. Junesuh Kim, reflected on how, like himself, this would be eighth graders last year here in Cliffside Park Middle School: "Honestly I'm gonna miss CPMS because it was such a good experience and I was able to make very fond memories throughout the year. For the high school stuff, it's gonna be kinda sad to be leaving Cliffside for boarding school and the applications at the beginning of 8th grade was stressful, like honors classes." was his remark.

Marking period two will soon be drawing to a close. As the third marking period of our 2022-2023 school year begins, I wish all CPMS students luck, especially to the 8th graders awaiting acceptances into advanced schools.



Wrestling Photos by: Kelvin Lico Morales

At Home Projects for the Holidays

Yasemin Fidan

The holidays are near and if you love to do arts and crafts, this is the perfect article for you!



Artwork by: Yasemin Fidan

Snowmen Candles

If you love the scent of candles burning in your house and you'd like to add a holiday touch to that scent you love, you can try making snowmen candles.

You will need:

- White glass candles (any size)
- Sharpies or glass-friendly paint
- Ribbon
- Hot glue gun
- Small branches/twigs

Instructions:

1. Draw the snowman's face on the jar using markers or paint. If you are using paint, wait for the paint to dry.
2. Tie the ribbon around the candle and if needed, glue the area with hot glue.
3. After you've placed the ribbon, you can draw on your buttons, any shape, color, and size you'd like.
4. Finally, add the snowman's arm branches. These can also be as long as you'd like and even do a funny pose.

Pinecone Christmas Tree

If you need a decoration for your table, pinecone Christmas trees might be a cute alternative.

You will need:

- Pinecones
- Pom-poms (big and small)
- Paint and paintbrushes
- Hot glue gun

Instructions:

1. If you decide to paint your pinecone, make sure to get every crevice and corner, then wait for it to dry.
2. Take your paintbrush and flick white paint onto your pinecone to create snow on your tree. Wait for it to dry.
3. Hot glue your small pom-poms wherever you'd like as your ornaments on your tree.
4. Finally, glue your big pom-pom on top as your star.

Popsicle Stick Snowflake Ornaments

Does your tree have space left for more ornaments? You can make your own ornament and hang it up.

You will need:

- Colored popsicle sticks
- Hot glue gun
- Ribbon or twine
- Decorations (Pom-poms, sticker gems, paint, etc)

Instructions:

1. Hot glue your popsicle sticks to create a snowflake form. Start by putting glue on the middle of the stick and stacking them in different directions making that snowflake shape.
2. Flip your ornament over and at the end of a stick, glue the ends of the twine or ribbon together, creating an O shape.
3. Decorate the opposite side with pom-poms, stickers, paint, etc.

Snow Globes

This last project may be a bit harder.

You will need:

- Mason jar
- Small decorations that will fit in your jar
- Glitter
- Hot glue
- Distilled water
- Glycerine

Instructions:

- Glue your decorations onto the inside of the lid of the mason jar. Let this dry.
- Pour distilled water into the mason jar, then stir in glycerine and glitter. Don't pour in too much as you want to be able to shake it like an actual globe.
- Put your decorated jar lid onto the mason jar and secure tightly.
- Glue the jar lid in place.
- Gently shake the jar to create the snow.

World of Perspective

Solomon Pak

What is considered big? What is considered small? On our planet alone there are things hundreds of times bigger and heavier than the entirety of humanity combined. However, we are hundreds of thousands of times bigger than countless things on our planet. When you think about it we are millions of times bigger than a grain of sand but thousands of times smaller than a desert. We have a universe to play with so let's talk scale.

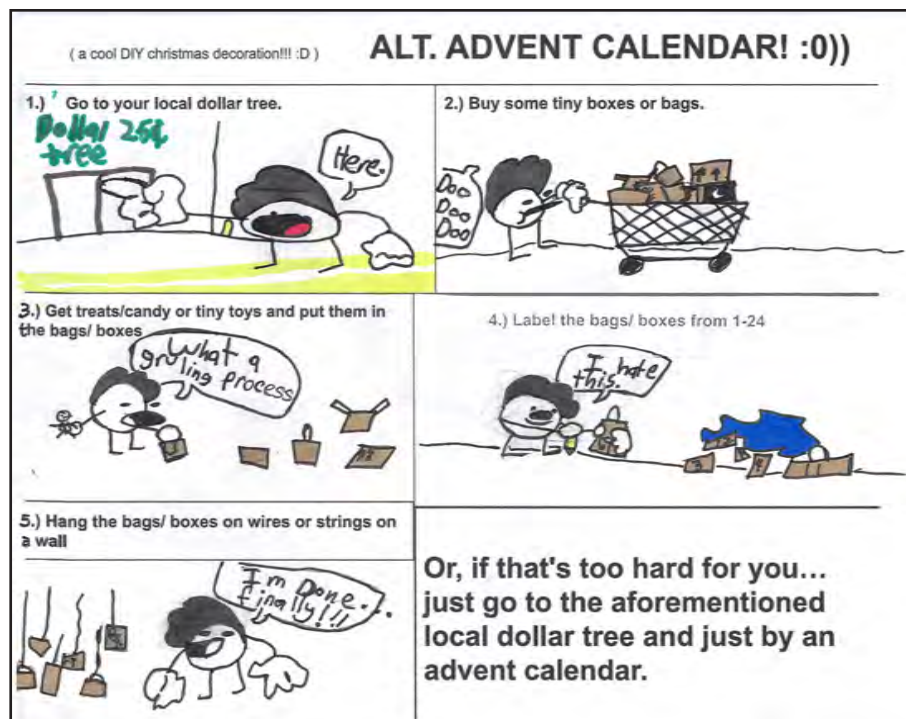
On Earth, one of the smallest things that you could think of would be a grain of sand or a speck of dust. When you compare these things to us as people, it would take 9 MILLION of them to be equal to us in terms of volume. Does this mean that we are big or that grains of sand are small? Well no, this is due to perspective. If you compare a person to a blue whale, we are only 1.25% of its volume. This means that 80 completely average people could fit inside the body of a blue whale with about 13 of them being able to stand head to toe alongside each other.

If we were to go bigger while staying on earth itself, we would have to go to Mount Everest. Mountains are huge obelisks of rock and ice, measuring about 5 and a half miles tall,

which means that it would take around 360 blue whales on top of each other to get this height. Considering inconsistencies in height, mount Everest is well over 4500 people tall. Note that the tallest building is only about 450 people tall.

What is bigger than the biggest mountain? What about the earth? Measuring in at around 8000 miles in diameter. If you were to stack Mount Everest on top of each other it would take around 1400 of them. This is only in diameter and not in the area. Considering that this alone is in the thousands it is easy to see how there could be 10s of thousands that could fit in Earth's entirety. The sun starts each day on Earth. It is so big that 1.3 MILLION Earths could fit into our sun.

We could go further diving into space where hundreds of thousands if not millions of Earths or Suns exist. This is where our adventure ends. We have looked at grains of sand (millions of which would fit into a person) blue whales (dozens of people could fit) and the Earth itself (thousands of mountains could fit). Everything is based on perspective and size.



Artwork by: Sean Lyles