

# The East Rock Record

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## Police Chief Meets Reporters Says children have the “right” to feel safe



Reporters interview New Haven Police Chief Dean Esserman about safety, the First Lady’s visit, gardening, homework, and other issues.

BY ISABEL FAUSTINO,  
OSIANA BROWN, AKSHITHA  
KODURU, AND SHANTEA  
HAUGHTON

EAST ROCK RECORD STAFF  
EDITED BY RACHEL STRODEL

Children have a right to feel safe in their neighborhoods, in their homes, in their bedrooms, New Haven Police Chief Dean Esserman told East Rock Record reporters.

“If you don’t feel safe, you should tell someone. You shouldn’t keep it to yourself,” he said. “Every child of New

Haven should know—and you are hearing this from the Chief of Police—that the New Haven Police have your back and we will always have your back.”

Mr. Esserman spoke with East Rock Record reporters during a press conference on Thursday, November 13. He answered questions about many issues, from safety and police work in New Haven to homework, gardening and

even how police officers keep their shoes polished (with a shoe polishing machine in the officer’s locker room).

Interestingly, Police Chief Esserman has been a police officer for 23 years, but he has never shot someone. “My best story is that I have never, ever, ever, ever had to shoot anybody which makes me happy – but I have delivered eight babies as a policeman,” he said. “Those were

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## FIRST LADY VISITS WILBUR CROSS HS

ER Record Reporters cover pre-Election Day rally

BY MARC GONZALEZ AND VALAMAE JENKINS  
EAST ROCK RECORD STAFF  
EDITED BY EDDY WANG AND KELLY ROSS

What would make 2,300 people squish themselves into a steamy, crowded auditorium at Wilbur Cross High School on a beautiful fall afternoon? How about First Lady Michelle Obama?

On Thursday, October 30, five days before the gubernatorial election, New Haven was greeted with a visit from the First Lady who came to show support for Democratic Governor Dannel Malloy in the tight race against Republican Tom Foley.

As senior reporters for the East Rock Record, we left school at 12:30 p.m. with entry tickets, our press passes, and notebooks to cover the event about half a mile from East Rock School.

GOV RACE ELECTION COVERAGE Page 7

While we waited to enter the building nearly three hours before the First Lady took the stage, we could see the Secret Service stationed on the roof of the high school looking around to make sure no harm would come to her. From inside, looking up through skylights we saw buff dudes with head-to-toe protec-



Reporters prepare to attend rally at Wilbur Cross High School where First Lady Michelle Obama speaks prior to Election Day.

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## Ebola: What you should know

BY NATALIE MAYNARD,  
NELLIE JACKSON, FALLOU  
SOKHNA, MEET PATEL AND  
VICTOR KLUTSEY

EAST ROCK RECORD STAFF  
EDITED BY AISHWARYA VIJAY

Teachers and students at East Rock School, like people around the world, say that Ebola is an unfortunate and scary disease. The recent outbreak has many wondering how to avoid catching it.

What do you know about Ebola? Is the virus airborne or not? How did it start? Why have so many people died without a cure? How many people will get Ebola in the coming days?

Although many people only know some facts, it is impor-

tant to be educated. East Rock Record reporters met with Dr. Kristina Talbert-Slagle, a global health expert at Yale, to learn more about the virus that causes this scary disease.

“Ebola is something that can affect all of us,” says Dr. Talbert-Slagle. “The virus does not discriminate.” So far, there are no cases of Ebola in New Haven or Connecticut.

Dr. Talbert-Slagle says Ebola is a zoonotic disease, meaning that it can be spread

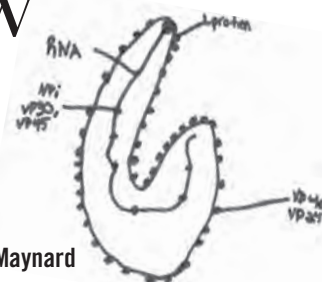
from animals to people. A common misconception is that Ebola started in a river, but Dr. Talbert-Slagle says that while the disease is named after the Ebola River, the disease itself most likely started in the animal population that lived near the river.

For answers to our questions, we can look not only to health experts like Talbert-Slagle, but also teachers at East Rock. “The first Ebola outbreak was in West Africa

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### THE EBOLA VIRUS

Natalie Maynard



## School Garden to E-x-p-a-n-d-!

BY DAVONNA BENSON, TUPHEN OUTSOLA,  
ANSHUL PATEL, MELANIE CONTRERAS,  
MELANIE SOTO AND KAITLYN KRONBERG  
EAST ROCK RECORD STAFF  
EDITED BY JILLIAN KRAVATZ

After a successful fall harvest of pumpkins, peppers, potatoes, and garlic, students were so excited about the East Rock School garden that they wanted it to be even bigger.

“I love being outside in the garden!” says second grade garden club member Juan Yamasc Diaz. Results of the Fall 2014 East Rock Record Sur-

vey show that 71 percent of the 169 students questioned responded “yes” when asked if the school garden should expand. The students are in luck. In October, the East Rock Community Magnet School received a \$3,000 grant to grow the outdoor habitat at the school that could include the garden and other outdoor spaces.

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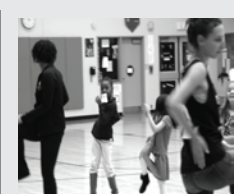


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# SCHOOL NEWS

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## EAST ROCK GARDEN IS GROWING!

GARDEN FROM PAGE 1

Last year, East Rock developed and built a garden with grant money from a partnership with the CT School Garden Resource Center. East Rock School has been chosen as a 2014-2015 partner school in the New Haven Schoolyard Habitat Program. The program is a partnership between Common Ground High School, Audubon CT and the U.S. Fish & Wildlife service to create more wildlife habitats in the city.

"This partnership is part of a much larger citywide project, the New Haven Urban Harbor Watershed Urban Wildlife Refuge Partnership," says Jill Keating Herbst, Program Manager of the CT School Garden Resource Center at Common Ground.

The idea of bringing more wildlife to the school grounds is exciting to students. "I want to see more bunnies in the garden and butterflies and garden snakes," says Briana Gobreana, a first grader. Another garden club student, fourth grader Javari Brown, would like to see squirrels and rac-

coons in the garden. invited to attend two training sessions that teach important lessons about using a schoolyard habitat.

Later a team of teachers, parents, administrators and community members will figure out what needs to be

done to make the East Rock Garden a better urban oasis. In the meantime, Ms. Pelley said the school's job is to brainstorm ideas to create a garden plan that everyone likes.

There is a lot of interest in gardening in New Haven. Police Chief Dean Esserman has his own garden. "I love growing tomatoes," he told East Rock reporters when he visited the newspaper club.

There is a lot of interest in the outdoor spaces at East Rock School, too, especially among members of the garden club. When East Rock Reporters visited the garden club, students were busy working at stations where they were trying out different ways to plant seeds.

The garden was about as big as the colorful rug in the East Rock library, and was built in the corner of East Rock's schoolyard, near the sidewalk. There were sunflowers, peas, and pumpkins growing in the garden. The pumpkin was very orange and as big as a basketball, or about seven tennis balls. There were little flowers growing in buckets that were yellow like a shiny school bus. The sunflowers were planted in raised mulch beds, and were taller than all of the East Rock Record reporters. Really, they were about as tall as two grown-ups. There were also little critters, like spiders, crawling in the garden.

The garden club is happy with the current garden, but would like to add features. Bendito Johnson, a fourth grader in garden club, wants to see potatoes, grapes, and apples added to the plantings.

Mr. Brown suggested some more exotic produce. "I want the garden to grow pineapples, mangoes, passion fruits, pears, and lemons," he says.

Ms. Pelley is excited to have student input on the garden expansion. "I want to see what type of ideas the students have," she says. "Between the students, the community, and parents, I think we can come up with some creative suggestions."

Some students want the garden to have fences, benches, trees—even a greenhouse so they can garden in the winter. Ms. Pelley sees the garden as a place for learning. "I'd like it to be an outdoor classroom," she says, "a space where teachers can hold classes and students can get out into the fresh air."

Ms. Pelley explains that the garden is a space where students learn much more than the basics of growing plants. "It helps children learn how to work together, solve problems together, and enjoy nature together," she says.

The garden can do more than help East Rock students learn. In a city like New Haven with few places for animals to live, a wildlife habitat will help the environment.

After the garden becomes an outdoor wildlife habitat, East Rock can apply to receive a national Schoolyard Habitat certification by the U.S. Fish and Wildlife service.



A bright orange pumpkin was among the vegetables and herbs harvested from the school garden.



The East Rock Community School garden yields harvest of flowers and vegetables, including marigolds, cabbage, peppers, tomatoes and more! Members of the afterschool garden club find a bug while being interviewed by East Rock Record Reporters.



coons in the garden.

Three New Haven schools, including Worthington Hooker, Barnard Environmental Magnet, and Columbus Family Academy worked with Common Ground last year to build outdoor urban wildlife habitats. East Rock School Principal Peggy Pelley is looking forward to having East Rock join those schools.

"We are excited to be getting together to design and build the garden expansion," says Ms. Pelley.

East Rock School teachers were



# SCHOOL NEWS

## EAST ROCK IS MORE POPULAR CHOICE

BY RICARDO CASTILLO, ALEC SAMSEL,  
JULIANA SNEDEKER, JAYLEEN BAEZ  
AND MADISON WIELIESZ  
EAST ROCK RECORD STAFF

EDITED BY LORENZO LIGATO AND KELSEY SNEDEKER

A beautiful brick building with big windows all around, East Rock Community Magnet School just seems like a great school to go to. Located in the heart of New Haven's East Rock neighborhood, the newly renovated school attracted a large number of applications for this school year.

School lottery data for the new 2015 catalog show that 224 students applied for kindergarten at East Rock School for, an increase of 75 percent from 134 the year before.

The new catalog will be available February 4 when families begin considering school options, said Sherri Davis-Googe, director of School Choice and Enrollment at New Haven Public Schools. This year, she said, "we are including more information," such as detailed school descriptions and a school selection worksheet. "We want families to have the tools to make great choices," said Ms. Davis-Googe. She wants to help families "find the school that is the best fit for their child."

At East Rock, students and teachers see many reasons for the school's popularity, from large classrooms equipped with new technology to the vegetable garden in the school's playground. But more importantly, the school fosters a strong community feeling and neighborhood involvement.

"East Rock School is a community and is in the

community," said first grade teacher Rebecca Ryalls. "Parents know each other, there are lots of siblings that go here, and people who live in East Rock want to come to this school."

In New Haven, students can choose from many schools. The Citywide Magnet Fair will be held February 4, 6-8 p.m. at the Floyd Little Athletics Center on Sherman Parkway. Families can begin applying for seats next month. The application deadline is March 13. The lottery is March 31.

Student applications go into a lottery. There is preference given to students with siblings in a school or who live in the neighborhood.

The previous year, of the 134 students who applied to start kindergarten at East Rock School, only 37 percent were accepted. While this didn't make East Rock the hardest to get into, it wasn't the easiest. Five percent of those who applied to Davis were accepted in K; at Brennan-Rogers 72 percent of those who applied got spots.

According to the East Rock Record Fall 2014 Survey, about 75 percent of students said the school was their top choice when applying. Ms. Davis-Googe said that students applying to East Rock often live in the neighborhood or have at least one sibling who already attends the school. East Rock's brand as a "community school" contributes to bringing students, teachers and families closer together, said Ms. Davis-Googe.

In particular, East Rock became a more popular choice for students after the new building on 133 Nash Street opened in August 2013. Teachers

and students say the new building is a dramatic improvement from the old East Rock School.

Ms. Noreen Polio, who has been a teacher at East Rock School for 20 years, said that she used to teach her English as a Second Language class in the basement of the old building. "There were no windows in the basement," Ms. Polio said.

**Kindergarten applications to East Rock rose 75 percent from 2013 to 2014**

The school has also introduced extracurricular programs for students, including the newspaper club and a community garden.

East Rock also helps prepare students for high school and hosts presentations for eighth graders, inviting representatives from local high schools to come and talk to prospective students, said Ms. Laura Generoso. New Haven Police Chief Dean Esserman told reporters that "having a safe school will attract more students, particularly families." That seems to be working. The survey showed 85 percent of students are happy at East Rock School.

**Citywide Magnet School Fair Feb. 4; application deadline March 13**



Sherri Davis-Googe, director of School Choice and Enrollment for the New Haven Public Schools, meets with East Rock Record reporters to answer questions and share old catalogs made for East Rock School.



East Rock School is a popular choice for students entering kindergarten.



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# SCHOOL NEWS

## HOMEWORK: WHY DO TEACHERS GIVE IT?

BY WILSON CORONEL, MESIAH DAVIS, NASIR ANDERSON, AND NYASIA DONEGAL  
EAST ROCK RECORD STAFF  
EDITED BY EMMA SPEER

Teachers give it. Students complain about it. Homework is an unavoidable fact of school life. Most students get stressed about homework.

"It's boring and you write too much," says Mason Wieliesz, Grade 3. Third grader Aliana Stephens spoke with East Rock Record reporters during a break at the after school tutoring club lead by third grade teacher Erin Salzano. She says that some homework is very hard.

"It takes me, like, two hours," she says. Part of the problem is that when she doesn't know something, Ms. Stephens has to look it up online. "I have to search and that takes a long time." She especially doesn't like homework that involves reading. "Reading is hard," she says.

But Ms. Stephens says she really enjoys math homework. "I'm good at math," she says.

What is it about homework that is so important? Why do teachers give it?

Most teachers interviewed said that "reinforcement" is the purpose of homework. They said it lets students review what happened in class and helps them learn material better. Homework is a kind of practice. You can't just meditate about it. When kids get home they just want to forget about what they learned in school. Homework helps you remember it. Most of homework is worksheets



Third grade teacher Erin Salzano leads an afterschool tutoring club where students can get help with homework.

for reading and math and some thinking homework.

Many teachers say that homework should not be a punishment and they do not want kids to hate it. Teachers, such as Ms. Kayla Iannuccilli, a 7th and 8th grade language arts teacher who is known as "Ms. I," only assign homework that students know how to do. Some students need different levels of homework.

How much homework should students get?

"It depends," says East Rock Principal Peggy Pelley. She said students should get homework based on what they need to reinforce. "Fair is not equal. You get what you need," says Ms. Pelley.

Most East Rock Students don't spend a lot of time on homework. According to the Fall 2014

East Rock Record Survey, 76 percent of those who responded spend 30 minutes or less on homework each night. The older you get, the more homework you get. In second grade, 17 percent said they spend 45 minutes or more per night on homework, while 37 percent of 8th graders spend that much time.

### SURVEY:

**76 percent of students spend 30 minutes or less doing homework each day**

Of course, many students would rather do other things than homework like play video games, go to sports practice or spend time with family.

Ms. Iannuccilli does not like giving homework five days in a row because she knows that students have other things in their lives. Sixth grader teacher Francine Wolf understands that students have other things to do, but says they can also do homework. "I think it is important to have after school programs but that cannot be an excuse to not do homework," she says.

Some students feel like they do homework for no reason because they don't get rewarded for doing their homework. Fourth grade teacher, Ms. Angela Maiocco, gives out homework passes. Homework passes work by teachers pulling names out of a hat and giving those students passes that they can hand in if they don't want to do the homework for that night. You can also get a homework pass if you're the student of the month. Some teachers use tickets. There are a lot more ways you can get homework passes.

If the homework is too hard, students should still try. "Students don't fail their homework. They do their best," says Ms. Noreen Polio, the ESL teacher at East Rock School. "If they don't understand, they talk with me."



Ms. Iannuccilli does not give homework five days in a row

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# SCHOOL NEWS

## MEET SOME NEW FACES AT EAST ROCK!

BY CRYSTAL RODRIGUEZ, VICTORIA PRA-SEUTH, JAMES MACIEL-ANDREWS, JASMINE RIVERA, AALIYAH RODRIGUEZ  
EAST ROCK RECORD STAFF

EDITED BY DANIELA RODRIGUES FARIA BRIGHENTI

Can you imagine that your teacher's favorite food is shaped like SpongeBob SquarePants? Or that her favorite color depends on her mood? Or that her dog is named after a coffee drink?

These are fun things that new teachers are bringing to our school. Look in the hallways and classrooms for Ms. Pacelli, Mrs. Colon, Miss Iannuccilli, Ms. Binkowski and Ms. Cicarella. These teachers came to East Rock School with different purposes. But all teachers show a desire to help out the students in our school.

**Kayla Iannuccilli**



**At East Rock School:** Ms. Iannuccilli, also known as "Miss I" teaches 7th and 8th grade English Language Arts.

**Why?** Ms. I said she always wanted to teach middle school, but she never had a chance until now. She has been teaching for about 1 ½ years. Her goal is to help 7th and 8th graders learn about reading and writing.

**Likes:** Her favorite part about this school is getting to know all students. Her favorite colors are black and red, and her favorite foods are pizza and macaroni and cheese. She likes red pandas and cats.

**Outside of school:** Ms. I likes to watch movies and take photos.

**Top Childhood Book:** Harry Potter series by J.K. Rowling.

**Childhood joy:** Time with her big sister.

**Kristin Cicarella**



**At East Rock School:** Ms. Cicarella is the school guidance counselor.

**Why?** She had been teaching for five years as a

Spanish teacher and came to East Rock because Ms. Pelly was the principal at her old school. She also really wanted to work with K-8 students. She is excited to help 8th graders be successful so they can go to high school.

**Likes:** Her favorite part of East Rock is the PBIS assembly. She likes getting a chance to talk to students about their feelings and getting to know about them. Her favorite color is purple, favorite food is chicken nuggets. Her favorite pet is her dog Cappuccino.

**Outside of school:** Ms. Cicarella loves to do Zumba. She likes to watch the TV show "Dancing with the Stars."

**Top Childhood Book:** *The Outsiders* by S.E. Hinton.

**Childhood Memory:** Disney World.



**Amy Binkowski**

**At East Rock School:** Ms. Binkowski teaches 6th grade.

**Why?** She was one of many teachers at Lincoln-Bassett School who were moved to different schools. She has been teaching for 14 years and started on November 1, 2000. Her goal is to be happy at East Rock and be effective. Ms. Binkowski is happy to be here.

**Likes:** Teaching. Ms. Binkowski's favorite colors are blue and purple. Her favorite foods are pizza and cheeseburgers. She likes dolphins and owls. She has a dog named Cockerspaniel.

**Outside of school:** Ms. Binkowski likes to read and play in the pool with her kids.

**Top Childhood Book:** Sweet Valley High series by Francine Pascal.

**Childhood Memory:** Visiting grandparents.

**Magda Colon**



**At East Rock School:** Ms. Colon teaches Spanish at East Rock School.

**Why?** Ms. Colon taught summer school at Wil-

bur Cross High School and liked it so much she transferred from Milford to teach in New Haven. She wants to help her students find success in Spanish and develop friendships with colleagues.

**Likes:** Ms. Colon likes any shade of pink and turquoise. Her favorite foods are her mother's rice, her grandmother's pastries and her lasagna. Favorite desserts? Frozen yogurt, maple walnut cheesecake and, of course, chocolate!

**Outside of school:** Ms. Colon like spending time with her family, cooking and—yes—cleaning! She likes to shop, go to Yankee Candle to smell the scented candles.

**Top Childhood Book:** *Are You There God? It's Me, Margaret* by Judy Blume and *The Pokey Little Puppy* by Janette Sebring Lowrey.

**Childhood Memory:** Playing outdoors in all types of weather, reading, cooking, coloring, playing Monopoly and building things.

**Samantha Pacelli**



**At East Rock School:** Ms. Pacelli is a 7th and 8th grade team special education teacher.

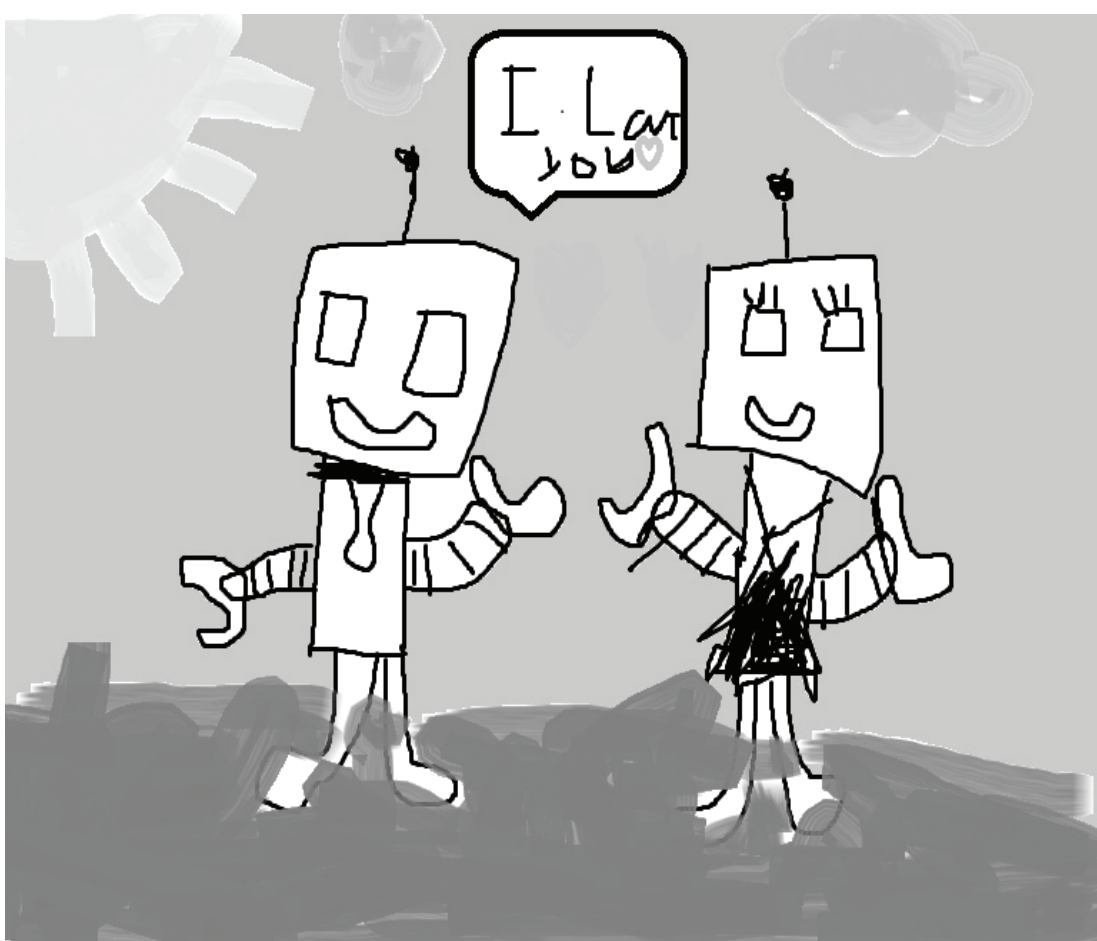
**Why?** Ms. Pacelli taught first and sixth grade at Edgewood School for five years, but always had a passion to be a special education teacher. Two years ago, she went back to school and earned her master's degree. When a position opened at East Rock, she says, "I was delighted!" She wants her students to succeed to the best of their abilities and be proud of themselves while doing so.

**Likes:** Her toy poodle, Alex, is her favorite pet. Ms. Pacelli's favorite color is blue—in any shade—and she loves Italian food. "I love anything with sauce," she says.

**Outside of school:** Outside of school, Ms. Pacelli likes to play outdoors with her four-year-old son, Luca.

**Top Childhood Book:** *James and the Giant Peach* by Roald Dahl.

**Childhood Memory:** Twirling her baton and playing in her neighborhood with her two sisters and friends.



# COMMUNITY NEWS

**FIRST LADY** FROM PAGE 1

tive gear carrying shotguns and AK47s.

As soon as we entered Wilbur Cross High School, we heard a live band playing jazz music, putting everyone in the mood to greet Ms. Obama. First, we had to walk through a metal detector and then were checked by wand before being allowed to enter the auditorium. Even the K-9 unit was security-minded: The dogs wore black protective gear matching the animal's jet black fur and a black leash.

New Haven Police Chief Dean Esserman said that the New Haven Police Department worked together with the Secret Service to prepare for Michelle Obama's visit. Both parties met beforehand in order to know the number of officers that would be needed. As a result, many, many officers were assigned to this duty. The NHPD guarded every street corner, while their motorcycles drove in tandem with the Secret Service, in order to ensure the First Lady's safety. Mr. Esserman said he was right there with them.

With Jennifer Hudson (or maybe Beyoncé) blaring through speakers, thousands of people stood anxiously awaiting the First Lady's arrival, waiting patiently to be a part of this moment. Many had been in line for several hours. They packed Wilbur Cross High School gymnasium to capacity and overflowed into the auditorium.

But all the waiting felt worth it to this crowd when Mrs. Obama emerged from behind the red



East Rock reporters cover First Lady Michelle Obama's visit to New Haven to get out the vote for Connecticut Governor Dan Malloy.

velvet curtains. The calm chatter halted at her presence. People flooded to the front to get a better view of the First Lady. She smiled and emitted an aura of confidence.

The First Lady's reason for coming was to get people out to the polls on Election Day. As enthusiasm filled the air during her speech, whose clear message was to VOTE!—especially in support of Governor Malloy. During her speech, she made it a point to say, "What we have to do is turn this Passion into Work."

While people felt passion for what she had to say, it was important to ensure people turned out at the polls to let their voices be heard. In the last election Mr. Malloy won by a mere 3,200 votes. That means every vote was extremely important.

The First Lady also stated how easy it is to vote in the United States, encouraging people to go out and cast their vote. Saying this, Ms. Obama wanted to be sure people weren't intimidated to go out and vote.

In addition to the First Lady, other important state and city politicians took the stage in support of Governor Malloy, including New Haven Mayor Toni Harp, Senator Chris Murphy, Lieutenant Governor Nancy Wyman, Congresswoman Rosa DeLauro, and Senator Richard Blumenthal. They, too, encouraged people to go out and let their voices be heard in support of Governor Malloy.

As we left the rally and walked the short distance back to East Rock, we gushed about the once-in-a-lifetime event that we just were a part of. The exhilarating event still felt strong in our bones. We thought the spectators had so much enthusiasm, and the First Lady's speech reminded everyone how important it is to let their voices be heard. It is amazing how one person can make 2,300 people come to one place. It was an unforgettable experience for us.

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# COMMUNITY NEWS

## EXCITING ELECTION: TIGHT RACE FOR GOVERNOR



Gov. Dannel Malloy speaks at a rally at Wilbur Cross High School just days before the election; supporters cheer as they await a visit from First Lady Michelle Obama.

BY PAULETTE JARA,  
CHELSEA CORONEL,  
GIOVANNI OCASIO,  
AND ANGIE TAFOYA  
EAST ROCK RECORD STAFF  
EDITED BY ANTHONY KAYRUZ

Just like the first time in 2011, Gov. Dannel Malloy's inauguration came after a tight race against Thomas Foley. Election results showed that Mr. Malloy got 51 percent of the vote. Mr. Foley got 48 percent. A third candidate got 1 percent.

It was a very exciting election race. Every time you turned on the TV there were ads saying bad things about the other candidate. Every time you played a game on the computer ads would pop up on the side about the candidates. There were stickers on cars. When you would drive by houses, you would see signs for the candidates sticking in the ground. Everybody was crazy about the election.

A few days before the election, First Lady Michelle Obama and President Barack Obama came to Connecticut to give speeches for Mr. Malloy. It worked. He won by a three percent vote margin.

Mrs. Obama happened to come to New Haven to Wilbur Cross High School on a Thursday at the same time the East Rock Record meets. As soon as East Rock reporters heard the sirens from the police motorcade, everyone ran to the windows in the library to catch a glimpse of the First Lady. Everyone pressed against the windows, so that there wasn't enough room for all to see. Some reporters saw a parade of black Chevy Suburbans and those who could not see, heard the commotion.

Everyone in library was screaming, "She's here! She's here!" Some students at East Rock Community Magnet School thought she was going to visit, but after they realized she was speaking at the rally, reporters ran into the computer lab to listen to her speech. Giovanni Ocasio found a live video of Mrs. Obama's speech on the Fox News website. East Rock teacher Kayla Iannuccilli got the live speech to play on the large screen and everyone eagerly listened to the

First Lady. Many students at East Rock School knew about the election. The East Rock Record Fall 2014 Survey showed that 108 students out of 188, or 57 percent, who answered the survey knew there was an election for governor going on. That number was higher than the

"Malloy needs to build more schools, make more laws, and make the city safer," said East Rock third grader Nasir Anderson.

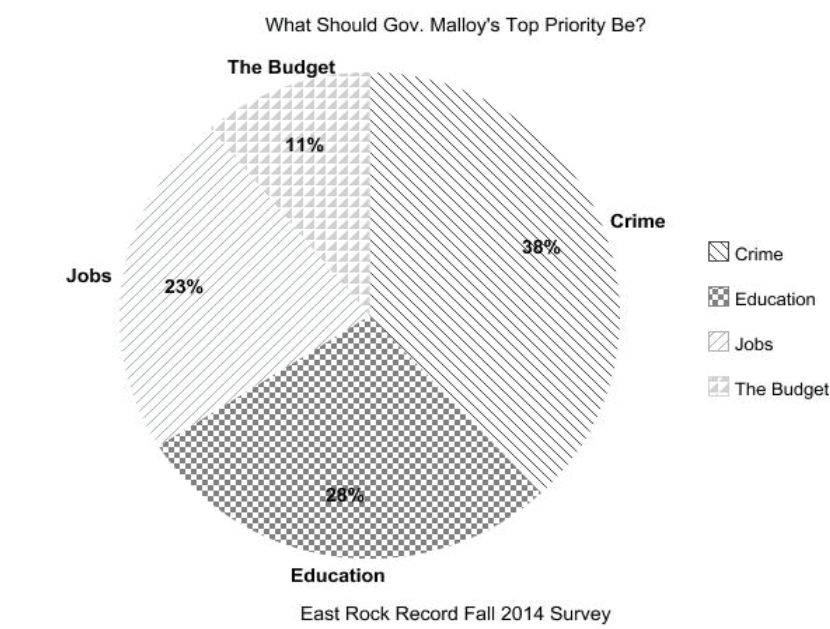
Marc Gonzalez, an 8th grader, said the budget should be the major concern for Mr. Malloy's second term. "We are in a major budget deficit," Mr. Gonza-

"I think he cares about the average citizen. He is more interested in making sure students are educated properly."

Ms. Amy Binkowski, who teaches sixth grade, thought Mr. Malloy would win. "He has already been in office and people are reluctant to change," she said. She thought he was "an okay" governor, but that there "are still things that need to be fixed."

Now that Mr. Malloy has won a second term there is a lot of work for him to do. New Haven Police Chief Dean Esserman has confidence in the governor. He said during a press conference with the East Rock Record reporters that he has worked with the governor in New York City and in Stamford, CT, where Mr. Malloy was mayor.

"Dan Malloy is my friend," he said. "We have known each other a long time. He is a really good guy. He is really honest. I think we are kind of lucky to have him as governor."



voter turnout, which was 42.3 percent.

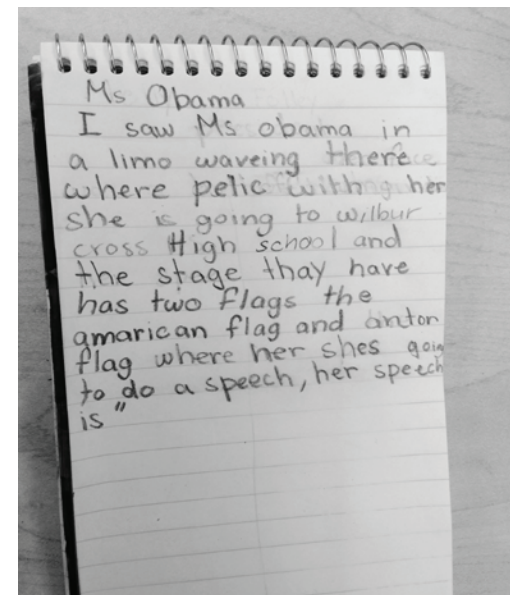
Now that he has won reelection, what should Governor Malloy do? Students at East Rock School said in the Record survey that the governor's top focus should be on crime (38 percent), following by education (28 percent), jobs (23 percent), and the state budget (11 percent).

lez said. "Malloy needs to get Connecticut's finances in order."

Teachers at East Rock School also paid attention to the election and several cared most about education. "If I don't, then who will?" said Ms. Katherine Werth, who teaches third grade. Music teacher Ms. Carol Lawrence says she supported Mr. Malloy because



East Rock Record Reporters listen to live stream of First Lady Michelle Obama speaking at the rally at Wilbur Cross High School.



Yale mentor Anthony Kayruz studies pre-election polls online with East Rock Record reporters (left). East Rock Record reporters took notes as the First Lady's motorcade passed East Rock School and as she spoke via live stream (above).

### CLOSE ELECTION MALLOY 51% FOLEY 48%

# HEALTH & SAFETY

## 100 Mile Club Out of Steam: What's Next?

BY DANIEL BEDOYA AND RAVI PATEL  
EAST ROCK RECORD STAFF  
EDITED BY JACQUELINE SALZINGER

All day we students are sitting at desks and reading and working our eyes and our brains. But what about our bodies? Are we getting enough exercise?

About one-third of students who answered the 2014 East Rock Record Fall Survey said they don't get enough exercise at school. Over half said they exercise less than four days a week. The "Let's Move" government website says that "children need 60 minutes of play with moderate to vigorous activity every day to grow up to be a healthy weight."

This is may be one reason we have a 100 Mile Club at East Rock School. The 100 Mile Club members meet to go running during recess, after school, lunch, and weekends. But this year might be the last year it is at East Rock.

The 100 Mile Club is an exercise club to help students run 100 miles during the school year. It can't just happen in physical education class or in recess. "These two fitness factors will not get you to 100 miles by May," says the flyer for the 100 Mile Club.

Kara Lubin, a special education teacher, started the club in California in 1993. According to their website "now, 20 years later, the club will reach

over 1,000 schools and 100,000 students nationwide."

At East Rock School, Ms. Mary Glickman, the physical education teacher, started it. Last year there were 35 people in the club from grades K-7. It costs \$10 to participate. This year, 38 kids said they were interested, but only three signed up.

Why isn't it popular now?

**Over one-third of students say they don't get enough exercise at school and more than half exercise less than 4x per week.**

This year, the 100 Mile Club is only for 7th and 8th graders. Ms. Glickman thinks they could be especially good at running. People are encouraged to do one race and must go after-school and in school. It demands more time.

Ms. Glickman did not know how the new rules would affect participation. "I had had no expectations," she said. "I just let it play out."

James Maciel-Andrews, a 7th grader this year at East Rock, joined the 100 Mile Club last year and says, "it is fun." He won 3rd place in the a 5K race with another person because he waited so he could win with his friend.

While the 100 Mile Club websites emphasizes that the club "is not a race with anyone but your-

self," getting exercise may help you win races like the 5K. "It was hard at first, but then it got easier and helped me win the race," he says. He won a medal. "I started passing everybody," he says. "That was a really good feeling."

Wilson Coronel, who was in 5th grade last year, joined the 100 Mile Club. He liked it "because you got to play with your friends and get the exercise you needed." We asked Wilson if he thought 100 miles was very far. "I don't think it's really far," he says. Everyone got a medal at the end.

If more people don't sign up for the 100 Mile Club this year at East Rock, next year there won't be a 100 Mile Club. There could be a P.E. club instead, according to Ms. Glickman. That club would be more than just running. No matter what, kids need exercise to be healthy.



PE Teacher Mary Glickman started the 100 Mile Club at East Rock School last year.

## WHAT YOU NEED TO KNOW ABOUT EBOLA

EBOLA FROM PAGE 1

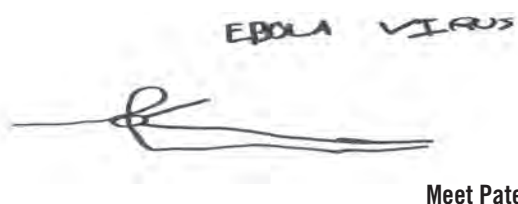
in 1976," says Ms. Laura Generoso, a 7th and 8th grade social studies teacher.

One of the most interesting things about Ebola is how it spreads. We hear the word "contagious" a lot in the news, but what does it really mean?

The Fall 2014 East Rock Record survey found a lot of confusion about how you can get Ebola. Results showed that more than half of the students surveyed, 64.4 percent, believe Ebola can be spread only through coughing. It can't!

"The Ebola virus is not airborne," says Emily Phillips, a speech teacher at East Rock.

According to the Center for Disease Control (CDC), the virus spreads by direct contact of blood or other bodily fluids from infected people and animals. Bodily fluids can include spit, vomit and diarrhea. Coughing directly on somebody is very unlikely to spread the disease.



Meet Patel

There have been many outbreaks of Ebola since 1976, but none as big as this one. The current outbreak is so large that it is called an epidemic.

"An epidemic," says Dr. Talbert-Slagle, "occurs when a disease has infected a large number of people. If every person who is infected has spread the infection to one or more other persons, then we call it an epidemic."

This epidemic is unique in the way the virus is being spread. Dr. Talbert-Slagle notes that while in past epidemics, the disease was usually spread

through contact with blood caused by hemorrhaging or heavy bleeding, the disease is now being spread mostly through diarrhea. Dr. Talbert-Slagle said that means that "the disease isn't getting to as severe a stage—vomiting and diarrhea come before hemorrhaging, and those that have to clean up after the sick are getting infected with the virus."

We cannot see the virus in the air, but if you look under a microscope, it is visible. East Rock Record reporters saw pictures of the Ebola virus

**64% of students surveyed believe Ebola is spread through coughing. It isn't!**

online and described it as "a worm," like a "pimple," and one student compared it to "a big fat fuzzy pencil with demon eyes."

One thing is for sure: the virus even looks scary. For those who get the disease, the symptoms are painful and can lead to death. "Between two and 21 days, you start to feel tired and achy and develop a fever," explains Dr. Talbert-Slagle. "Then, the vomiting and diarrhea begin. Eventually your blood pressure goes down, and after about 4-7 days [of those symptoms] without proper medical help, you could die."

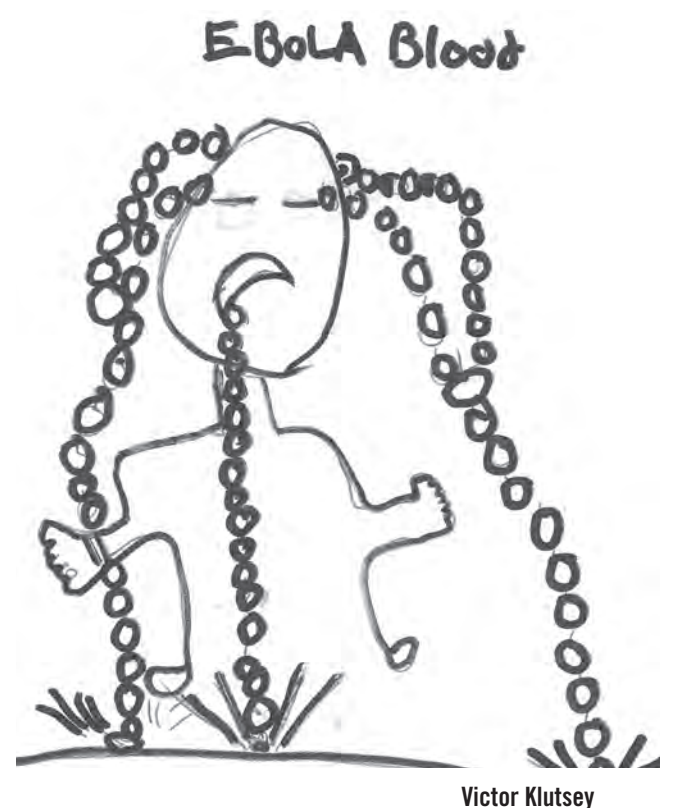
Right now, there is no commonplace medicine that can stop the virus from replicating. An experimental drug called ZMAP seemed to work with a few individuals, but there is not nearly enough

medicine for all of people who are infected.

One strange and interesting thing is that some people seem immune to the disease. About 30 percent of those who contract the virus do not get sick, and we don't know why. One reason it is a mystery is that there has not been much money put into Ebola research, says Dr. Talbert-Slagle.

Some scientists are working on it. Researchers in West Africa are doing experiments and gathering data for a potential cure. Some are from Yale University, New Haven Police Chief Dean Esserman, who grew up partly in Ethiopia, noted when he with East Rock Record reporters.

"We are very proud of the brave individuals who have traveled from Yale to West Africa to help out, and we should all be thanking them for what they do," he said. Perhaps with a bit of science, time and luck, we will find a cure in the near future.



Victor Klutsey



# HEALTH & SAFETY

## Safety is top concern for chief and others

CHIEF FROM PAGE 1

eight nights that a woman was not going to wait for the ambulance to arrive.” In fact, he helped deliver a baby in the snow in New Haven, along with two rookies. The baby was born in the back seat of a car.

During his visit with reporters, Mr. Esserman emphasized the importance of feeling safe. He said the safety of children and families in New Haven is his top concern. He doesn’t want kids feeling unsafe because it can be distracting.

“When you don’t feel safe it bothers you,” he said. “If you don’t feel safe in your house or your school or your bedroom then how do you learn, how do you think, do you do stuff?”

Many students at East Rock are thinking about safety. The Fall 2014 East Rock Record survey showed that 30 percent of students who responded have felt unsafe at school, and 31 percent have felt unsafe at home. Almost half—49 percent—said they “always” or “often” worry about safety.

That can cause stress, which can be a serious problem. Kim Jewers-Dailley, a traumatic stress specialist who is based at the Post Traumatic Stress Center in New Haven and directs school programs, also met with Record reporters.

“When you’re stressed, parts of your brain don’t even work,” she said. “Sometimes you can’t even talk. You become speechless. Sometimes that part of their brain goes quiet. Sometimes people’s brains become really, really fast, like when you’re worried, trying to fix something.”

Kids get stressed for different reasons, said Ms. Jewers-Dailley. “Sometimes it happens when they have too much to do, or when they’re trying to take care of everything by themselves,” she said. “I think kids experience more stress at home and in their neighborhoods than at school.”



East Rock Record reporters have questions for New Haven Police Chief Dean Esserman during November press conference at the school.

Sometimes, when kids feel stressed or out of control, they take it out on others as bullying.

“Bullying to me is about power and control,” said school guidance counselor Kristin Cicarella.

Mr. Esserman has police stationed at schools at the start of each school year. When something scary happens he also orders police to schools. Police were stationed at schools for a week after Sandy Hook, he said. In high schools, officers are present every day. Big events like Sandy Hook get a strong public reaction, but Mr. Esserman said he goes to “every emergency room, to every funeral” after a shooting. “It is terrible every time I see it. What happened in Sandy Hook is horrible, but it is horrible when any child gets shot.”

The New Haven Police Department uses “Com-

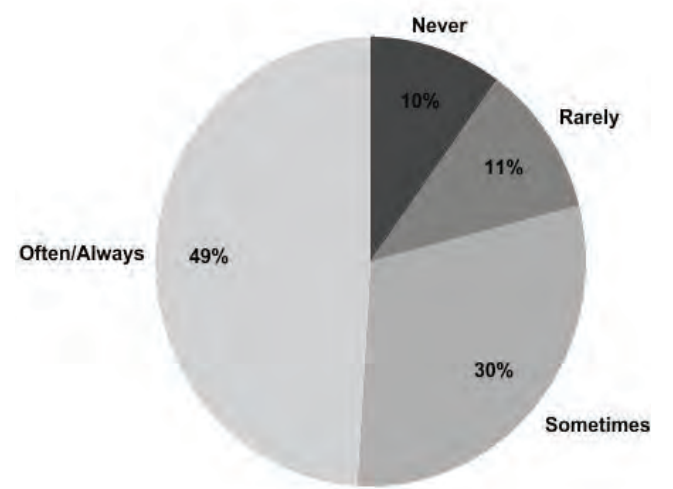
munity Policing” that works differently than in most cities. When a police officer graduates the academy, he or she walks the same beat in the same neighborhood for a year. They also have cell phones so people in the neighborhood can call if they need something or have an emergency.

Mr. Esserman wants kids to be careful about safety, but said they shouldn’t have to feel scared because he and the police are working hard to make New Haven a safe community.



**Cool Fact:** Chief Esserman has never shot anyone with his gun, but has delivered eight babies.

### How often do you worry about your safety?



Source: East Rock Record Survey 2014

Best wishes  
to the students  
at  
East Rock  
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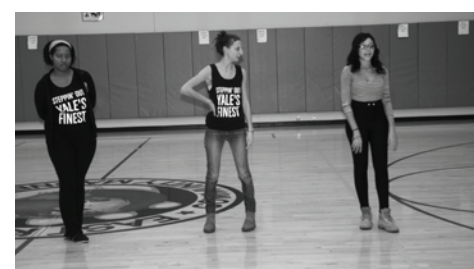


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# DANCE & FITNESS

## YALE STEP TEAM BRINGS RHYTHM & STYLE TO EAST ROCK EAST ROCK RECORD REPORTERS LEARN MOVES



Three members of the Yale Steppin' Out, the step team at Yale—Alyssa, Brea, and Nikki—performed for East Rock Record reporters and then gave reporters a chance to try some stomping, slapping, clapping moves!

**BY OSIANA BROWN, SHANTEA HAUGHTON,  
AND ISABEL FAUSTINO**  
EAST ROCK RECORD STAFF

Yale Steppin' Out came to perform at the East Rock School on December 11. They sounded like an army. They all sound like one person. They use their hands and feet to put bass and rhythm into the dance. They were great. The team was talking while dancing. They said, "Yale step team is too HOT!" In the basic step, first you stomp with your right foot, then clap, then tap your legs, then stomp your left foot. The basic step is easy but learning a whole dance is difficult. The steps and hand motions are in sync. The beats made music.

**BY PAULETTE JARA**  
EAST ROCK RECORD STAFF

Everyone was excited to meet the Yale step team. They told us about their first competition last year. They came in 3rd out of three. They use a quote in performance, "Yale Step is too hot." They are like Stomp the Yard. After the performance, they said "who wants to learn some steps?" Almost everybody got up and tried.

**BY ANGIE TAFOYA**  
EAST ROCK RECORD STAFF

A group of dancers came to newspaper club. I felt excited. I liked the clapping and stomping. They say words and make beats with their hands and feet. Everyone liked the show. They let people do the dance. When they let people get a chance, I didn't go. I am scared like my brother. The teacher asked me to go, but I was shy.

**BY GIOVANNI OCASIO**  
EAST ROCK RECORD STAFF

The Yale step team is called Steppin Out. There are 15 girls and five boys. They have three big shows: in October, November, and in the spring. Stepping is when you use your body to make beats. You can clap, tap, and stomp. It reminded me of a movie I saw with people using stuff like trash cans and bins, cans, cups, sticks and poles. The step team is different because you cannot use objects or instruments. You can tap your chest and stomp your feet and it makes a beat.

**BY CRYSTAL RODRIGUEZ**  
EAST ROCK RECORD STAFF

I've never seen the Steppin' Out team before. This team has fascinating steps and they have very creative moves. The Steppin' Out team is from Yale and three out of the 20 came to perform for us in the gym. The team believes in themselves. A girl from Steppin' Out named Nikki did not make the team as a freshman but didn't give up. She continued practicing and tried out again and made the team. She is now a senior on the team. This team is very special; if they don't win they know that they tried their best. My favorite part was when they taught us step.

**BY ALEC SAMSEL**  
EAST ROCK RECORD STAFF

The step team had different ways to dance. They taught us moves with claps, steps and stomps. Boys and girls are on the team. There are many step teams in the world. They sound like 50 people stomping their feet. It is very loud.

**BY ARYANA SNEDEKER**  
EAST ROCK RECORD STAFF

The Yale step team taught moves and some girls said to the step team "We might have a step team here at East Rock!" It felt very nice to meet the team and learn a couple of their moves.

**BY CHELSEA CORONEL**  
EAST ROCK RECORD STAFF

The dance team from Yale is called Steppin' Out. The three steppers who visited were Nikki, Brea, and Alyssa. Before they started dancing they said "that boys and girls can join the step team." There are 20 people on the team. Five are boys and 15 are girls. They made sounds with their feet and did a lot of clapping.

**BY DIERDRE LAWSON**  
EAST ROCK RECORD STAFF

We saw the Yale step team. Step is a dance that matches up to the beat. The dancers step and clap, and sometimes a dancer steps and claps alone. More people should watch it, for example on YouTube, so that they will know what it is. It was surprising to me when the Yale step dancers said together "Yale Step Team is hot!"

**BY TUPHEN OUTSOLA**  
EAST ROCK RECORD STAFF

Step is stomping, dancing, and making different beats with your body. There are 20 people on the Yale team. They have 15 girls and five boys. Their Spring Show has a theme. Last year it was Beyoncé and they did skits. One team member said "that's how we get our personality into our stepping." They did a performance for us and it was really cool. They asked if we wanted to try. It was fun. This is a fascinating dance genre. It's hard work but it pays off. I liked it when they said "ooh" or "Yale Step is hot" and I liked it when everyone was on beat. One girl told me she was African American and I saw a tattoo of Africa on her back. Step is not just at Yale but also at other colleges, "especially historically black colleges" one team member said. They practice three hours a week. They also have fun and go to movies!

**BY ANSHUL PATEL**  
EAST ROCK RECORD STAFF

The Yale step team was an awesome, rocking team. I hope they come again! YOU SHOULD HAVE SEEN THEM! They practice hard. The most important thing was that they had fun performing for us. If you find them you're in luck!

**BY AALIYAH RODRIGUEZ**  
EAST ROCK RECORD STAFF

This is my first time seeing a step team. I felt inspired to do it and wanted to do it all around the school. I want to share it with everybody I know.

**BY MEET PATEL**  
EAST ROCK RECORD STAFF

Yale step team has good dancers. When we tried it hurt because you keep on clapping and tapping your knees. Both boys and girls do it. There are different kinds of step teams. When I am big I want to try out.

**BY NYASIA DONEGAL**  
EAST ROCK RECORD STAFF

The step team made music with their feet like drums. I love when they chanted "Yale step team is HOT." I want to try out. The step team is like drill and love drill and step!!!! I would like to teach step and name my team the Diva Cats.

# BOOKS, BOOKS, BOOKS

## Winter is Curl-Up-With-A-Book Season!

### How do you take your books: paper or screen?

BY CRYSTAL RODRIGUEZ  
EAST ROCK RECORD STAFF

Are you looking for a book to read this year? These days people have to decide what book to read and how they want to read it. Paper or screen? A lot of kids prefer screen. The 2014 Fall East Rock survey showed that 60 percent of those who responded like to read books on a screen the best. The East Rock School library has many books online that you could read from home. I choose paper because if you want to underline your favorite part you can do it right in the book. You can also bring the book everywhere you go, plus looking at a screen is tiring. No matter what you like best, you can read a good book.

### Christmas Book is Great Anytime

BY ANSHUL PATEL  
EAST ROCK RECORD STAFF

I know Christmas is over but *Arthur's Perfect Christmas* is still a book that you can read after Christmas. This book is about how Arthur gets ready for his perfect Christmas. Arthur is a silly little kid in third grade who was created by Marc Brown. He is an author who writes a lot of different Arthur books filled with adventurous stories. In this book, Arthur is so excited at the beginning because it was only three days until Christmas. Arthur went in one store and he saw a little glass bird that he wanted to give to his mom. This book is silly because two dogs named Rory and Pal chase after the present that Arthur made his mom for Christmas. On Christmas, D.W. woke everybody up and said, "Christmas is here!" I liked this book for a lot of reasons. It was very silly and had nice pictures. I don't think there are any parts that I didn't like. Everything was perfect in this book, just like the title said "perfect!"

### Starting Fresh in 5th Grade

BY MESIAH DAVIS-SANTIAGO  
EAST ROCK RECORD STAFF

*The Attack of the Mutant Underwear* by Tom Birdseye is about a boy named Cody Carson. He used to be weird. He had his pants fall down at an assembly, and was always made fun of. Now he says that is in the past and calls it the "Old Me." In fifth grade he calls himself the "New Me." Can you believe that can happen? I liked this book because in life we all do stupid things but we all say we are going to change to the "New Me." This isn't some boring book about a boy. There is a love story and downsides, but Cody has his good sides. He loves to be himself so feels that he should express himself. The book is in first person so everything is clear to see. Some interesting facts about Cody are that his love's name is Amy. He likes her because she didn't spill a secret that she saw Cody in his underwear. She also didn't tell the whole school when he was at the election when he was running for school council president and his vice president ripped his pants. Amy also helped fix his pants.

### Read Harry Potter! (it could make you smarter)

BY JAMES MACIEL-ANDREWS  
EAST ROCK RECORD STAFF

The Harry Potter Series by J.K. Rowling is the best series that I have ever read. It is weird and quirky, but is also full of adventure, mystery, and suspense. Although I like all of the books, my personal favorite is the first one, *Harry Potter and the Sorcerer's Stone*. It tells the tough life of Harry Potter with his horrible non-magical family, the Dursley's. He is an orphan since his mother and father died when they were murdered by Lord Voldemort, the most powerful wizard in the wizard world. I think that people should read this book and the rest of the series, because a study showed that if you read the Harry Potter Series that you will do better in school and you will become more tolerant. Many more kids used to read Harry Potter than they do now, but I believe that once I get you hooked, that will all change.

### Riveting, Powerful Lessons

BY WILSON CORONEL  
EAST ROCK RECORD STAFF

*The Contender* by Robert Lipsyte is a book where one opportunity can make a difference in a person's life. The main character is a young teenager named Alfred Brooks who lives in Harlem, NY. His best friend is James. One night Alfred wanted to go to the movies with James. But Major, a very muscular guy, decided to rob the store Alfred worked in. Alfred tried to convince them not to, he told them everything to try to stop but he forget that the Epstein's (owners of the store) installed a burglar alarm. So the police came. The others ran away and didn't get caught except for James. When he gets beat up by Major and others he goes to a gym. The gym is led by Mr. Donatelli a trainer who has trained champions. Alfred puts all his energy into boxing. At first he is the new guy that nobody notices. But thanks to his friend Henry he can work more without getting into trouble. After about a month of training he finally becomes an amateur. So his first match is against a guy named Rivera. He wins his first match but that is only the beginning for his future career. What I really liked about this book is the confidence that Alfred had. After he figured out his best friend is getting deeper into drug addiction after his release from jail Alfred found the courage to keep on going and do what he loved. I recommend this book. It is so full of life that it will glue your hands and you won't let go.

### Funny Mr. Fox Feasts

BY MEET PATEL  
EAST ROCK RECORD STAFF

*Fantastic Mr. Fox* by Roald Dahl is funny and interesting. It is about a fox that steals food from three mean and gross farmers. The farmer's names were Bunce, Boggis and Bean. Bunce was a chicken farmer, Boggis was a goose farmer and Bean was a turkey and apple farmer. Mr. Fox dug a hole very deep. Later Mr. Fox came to Bunce's chicken house and gets a lot of food. It happens over and over, and they have a big feast!

### A Bear Loses Button, Finds Girl

BY ALEC SAMSEL  
EAST ROCK RECORD STAFF

A good book I read is *Corduroy* by Don Freeman. The story begins when Corduroy is in a big department store waiting for someone to buy him. Then, Corduroy lost a button. At night when the doors are locked and the security guards come out, he comes to life and goes around the store looking for his button. He eventually finds a button on a bed in the store. Then, when it turns day a little girl wants to buy Corduroy. The girl's mom said that she could buy Corduroy, so then Corduroy had someone to be with. He is very happy about that. I like that Corduroy found someone so that he doesn't have to wait in the store and be alone. I really liked the whole book. The pictures are very colorful and they have a lot of details. You should read this book. It is at the school library.

### Dorky Fun Brings Smiles

BY NATALIE MAYNARD  
EAST ROCK RECORD STAFF

*The Dork Diaries Tales from a Not so Happily Ever After* by Rachel Renee Russell gets a thumbs-up. It is about a girl who has a horrible life. This girl's name is Nikki. Her sister Brianna loves peanut butter and jelly sandwiches with pickles. Every morning, Brianna takes Nikki's alarm clock so that Brianna will wake up early to make her sandwich for school. Then, Nikki wakes up late and misses first period of school. When she got there, everybody was looking at her and smiling. She thought everybody was smiling at her new sweater, but she had sandwich all over her sweater. I like this book because Brianna is just like me, and makes mistakes when she really doesn't mean to.

### India: Land of Holidays, Temples and Cricket!

BY RAVI PATEL  
EAST ROCK RECORD STAFF

India is much bigger than Connecticut. One billion people live there. It is very old. The book, *A Ticket to India* by Tom Streissguth, is about India and it tells us about everything in India. In India there are lots of religions, languages, states, and cultures. India has lots of holidays and temples to pray to different gods. If people don't know about India they can learn about it in this book. I liked it because I am from India and I wanted to learn more about my country. Friends and families could learn new things even if they aren't from India. My favorite section is about cricket.

### Princess Emily

BY MELANIE SOTO  
EAST ROCK RECORD STAFF

In *Princess Emily* by Claire Masurel and Susan Calitri princess Emily and a maid lived in a castle. A Prince knocked the door and the maid opened the door and the prince said, "I want princess Emily for a little bit." The maid said, "Princess Emily, the prince needs you." Then the princess came down the stairs.

# IDEAS & ENERGY

## East Rock Students Have BIG GOALS for 2015!

We asked East Rock students to share their top goals for 2015. Students in Grades 1, 7 and 8 had this to say:

### GRADE 1

Be better at blocking the basketball— Julian  
 Get better at reading—Xena  
 Play football better—Germone  
 Get better in math —Jazmine  
 Get better at painting to draw and paint beautiful things like my mom did —Isabella  
 Learn to ice skate—Ariana  
 Learn English—Al Ameen  
 Play soccer—Diangel  
 Get better at basketball—Jaidel  
 Being good —Jaylon  
 Get better at drawing and writing—Nayona  
 Play football —Makayla  
 Be a better listener— Jaynatae  
 Be better at coloring—Shams  
 Be a better listener— Sanaa  
 Get better at hockey—Victor  
 Get better at soccer because my brother keeps beating me — Kayson  
 Be a better listener—Angelys  
 Play soccer and rollerskate—Kayla  
 Play basketball— Brianna

### GRADE 7

Start doing better in all my classes and get good grades— Malakai  
 Get better at social studies and writing and science, lastly math, meaning everything—Jenny  
 Restart or renew my profile, I want to do that because right now a lot of people think and assume I'm either bad or a thief, and that's not me— Shalisa  
 Apply for a good high school (Co-op) and get in—Jalese  
 Get good grades in school—Jerell  
 Be a better drawer and hope my mom feels better as she lives—Gabe  
 I hope it will be a better life and I wish we could go have free time or join a team—Roberto  
 Get better grades in school so I can get a better job, write more often and to finish painting my mural of Ancient Egypt— Rebecca "Alex"  
 Choose the right friends and just get shoes— Michael  
 Get all good grades and for my family to sell the house—Julian  
 Get my grades up. I can do it by doing all proj-

ects— Isaiah  
 Win at least 3 games for my basketball team— Rosalind  
 Get better grades and do good in school—Frank  
 Do my work and bring my grades up and stop talking— Cristal  
 Have better grades this school year—Alex  
 Have good grades... choose the right friends! (because everybody I talk to is fake!) Do the right thing. And mind my business— Mimi  
 Get better at dancing, also I want to be more patient— Nataliya  
 I want to accomplish people seeing me as a good kid and not being a goof-off— Marquis,  
 Get the best grades I am capable of—Jarai,  
 Get an honor roll award. Also, to be good at Spanish and have good math skills just like in 2014— Tiajah  
 Continue getting high honors with distinction and to get involved in some sport/any activity to do— Brittney  
 Join a new basketball team and get good grades— Rajuan  
 My goal is to go outside more—Carlos  
 Get my grades up— Rayuana

### GRADE 8

Become better at remembering important information at school and home— Jacob  
 I want to be in a good high school with good grades, learn how to skateboard, be fit and healthy, learn guitar and the piano better, and for my little brother to walk and talk fluently— Ashley  
 My big goal is to have better friends— Juan H.  
 Help my mom more around the house— Juan S.  
 Get my grades up and have more time to hang out with friends— Khoshal  
 Get better grades and to do my homework more often— Edwin  
 Be more positive in life in general, to be more happy, and to just enjoy everything, even the little things— Rosalyn  
 Be with my mother in Miami, Florida for my high school year and the rest of my other family and friends— Evan  
 Apply and get accepted to a high school I would love to go to— Jocelyn  
 Go to the high school of my choosing and get straight A's— Valamae  
 Get into the high school I want to go to. I also want to graduate with high honors— Marc  
 To have a good year— Kayla  
 Make it to a good high school and pass 8th

grade— Shavarius  
 Get straight A's and B's, do homework, and be awesome— Eric  
 Accomplish my goals that I didn't reach in 2014— DeAunte  
 Pass 8th grade and go to high school and try to do my work more often and try to get A's and B's— Xavier,  
 Become a good person and to make people happy, to make myself happy— Dani  
 Make people happy when they are sad— Neashawn  
 Do my best to make myself happy—Kevin  
 Get to vacation faster— Saul  
 To be happy and to get decent grades— Seni  
 Complete the Pokedex! :P And to try to be more social—Skyphets  
 Beat my career high in points which is 33— Claymont  
 Complete all the goals that I promised to do in 2014— Joseph  
 Get straight A's; be helpful— Zahyem  
 Do all my work in class and not get bad grades— Cameron  
 Focus more in school, stop fooling around so much. I don't want to be like that in the future— Hector  
 Get out of the house more and be more social— Arianna  
 Keep honor roll and do the best I can in all my classes. Get closer to my family and actually know what they think about and how they want their future to turn out to be— DaQuan  
 Make it through 8th grade, make it to high school and end off on the right foot— T'Najai  
 Change the things I do and try to do all my work and be good for that year, get into a good high school— Taby'Ra  
 Improve my art skills, and learn how to draw in many different ways— Antonio  
 Change my maturity. I have a little sister and she does everything I do. So, I thought if she does everything I do then I have to do good things so she could be a good person— Chris  
 Graduate 8th grade with A's and B's— Gianni  
 Help younger kids that don't have their family in their life. I want to help poor kids get what they want and need and give them some of my old stuff that I don't wear or use. That's one big goal I want to do for the kids that look up to me. Also, I want to be their big sister, take them to the park, buy them food, and tell them what's good, and what bad things not to do— Darlene

## Kitchen Safety (seriously, it's important!)

BY NYASIA DONEGAL, ISABEL FAUSTINO, AND DIERDRE LAWSON EAST ROCK RECORD STAFF

The Superhero Safety Girls are here to tell you about how to keep safe while cooking in the kitchen!

Ovens: Don't ever leave a baby alone in the room while the oven is on. They could try to open it and get burned. Don't ever leave the oven on while you're sleeping or the house

might burn down. Always use oven mitts when you go in the oven to take out something hot, and make sure you don't accidentally put your head in the oven. You should always keep the oven closed and at the right temperature while a dish is cooking.

Knives: Don't goof around with knives. Make sure young kids don't get a hold of the knives. Cut vegeta-

bles on a cutting board. Always hold a knife by the handle. Never throw a knife like a dart.

Microwave: Don't put anything metal inside or it will spark!

Stoves: Anything that can go in a pot can go on the stove. When you're in the kitchen, pull back your hair and roll up your sleeves or else they might get burned. Do not EVER

pour boiling water on yourself. Don't stand next to boiling water when it's bubbling over.

Cleaning Up: Wash dirty pots and pans. If a pan is too hot, wait until it cools down. If there's crust on the bottom, soak in water. If the counter is dirty, wipe it with a paper towel. Always check if you've left something out after you've cleaned up!

# EDITORIAL & OPINION

## Letter from Principal Pelley



Dear East Rock Record Readers,

Happy New Year! I hope you all had a happy, healthy holiday season with family and friends. We begin this new calendar year with a high level of energy and enthusiasm as we continue to engage our students in hands-on learning that will prepare them for college, career, and life. With Open House Week around the corner (February 23-27, 2015), we are looking forward to highlighting all that East Rock has to offer.

The East Rock Record is a fine example of one of the many ways in which we provide adventurous learning experiences for our students. The East Rock Record not only provides a vehicle for our students' voices to be heard, but it also allows students to utilize collaboration, consensus, and no-fault problem solving to create an amazing body of work to be enjoyed by all stakeholders. Our budding journalists have ample opportunity to brainstorm, research, interview, write, edit and revise in the same manner in which professional journalists work. It is this type of process-oriented learning that requires students to think critically, and strengthens both their academic and personal development.

Congratulations to the East Rock Record reporters on a job well done! I look forward to seeing you at school!

Sincerely,

Peggy Pelley, Principal

## The East Rock Record

East Rock Community Magnet School  
133 Nash Street, New Haven, CT 06511

Editorial and opinion writers: Daniel Bedoya, Marc Gonzalez, Nellie Jackson, Valamae Jenkins, Victor Klutsey, James Maciel-Andrews, Natalie Maynard, Tuphen Outsola and Victoria Praseuth.

## STUDENTS NEED A VOICE: Time running out for council to act

Students need a voice in this school. Recently, we held an election for student council but are yet to hear the full results of the race.

In a recent survey we found the three most pressing matters to students are academics, recess, and behavior. Students also wanted more options for after school, specials, cafeteria choices, and school events. Another issue, of no surprise, was the uniform. The survey also showed that out of about 200 surveyed, three-quarters think students should have a say in how the school is run.

In our opinion, all students deserve to let their voice be heard, and an organized system is a powerful way to do this. With a central student government acting as the voice for the students, the school can advance by leaps and bounds. But an issue with the student council at East Rock is timeliness. At presstime in December, all that had been done was to hold elections. Considering schedules, testing, and availability not much can advance by graduation. As eighth graders, we want to leave a mark that lasts for history, not just a school year.

—Marc Gonzalez, *East Rock Record Opinion*

—Valamae Jenkins, *East Rock Record Opinion*

## More Recess Needed

There should be 30 minutes of recess for all the kids in the school because kids need more than 20 minutes of exercise. Why do 7th and 8th graders not have recess? They are kids too!

All kids need 60 minutes of recess every day according to "Let's Move," a government website. Some people say that 30 minutes of recess takes away from learning time, but I think if kids have six hours of learning, then only 20 minutes of exercise is not enough.

Exercise helps us stay focused in class. After we get out of recess, we are ready to learn. Recess also makes school more fun. If kids are having fun, they are also happy. If they are happy, they will do better in school! Now we have two reasons why all kids should have a minimum of 30 minutes of recess; they will be getting exercise and doing better in school.

—Daniel Bedoya, *East Rock Record Opinion*

ion

## YES, YOU CAN WEAR UNIFORM AND BE STYLISH

If you think about it, mostly everybody wears a uniform. A chef has to wear a uniform and so does a doctor.

These are some helpful ideas to look more fashionable with uniform. First, wear your favorite colors like pink, blue or glitter. Second, wear jewelry like necklaces, earrings, or bracelets. Third, get your hair done every day so the hairstyles are pony tails—up, down, or side. Also wear bows or headbands just to be pretty.

Now let's talk about shoes. For shoes, wear boots, flats, or school shoes. The color for shoes would either be black or brown. Now are you convinced you can wear uniform?

—Natalie Maynard, *East Rock Record*

## Drawing brings joy, helps emotions

I love drawing. It is my favorite thing to do. My sister and brother also love to draw. When I get mad or sad I go and draw. It makes me feel better. I draw best when I am mad. I like to draw people because it is easy. All you have to do is draw the dress then do the arms, and after that do the head and eyes then the rest. I also like to draw my family.

—By Nellie Jackson, *East Rock Record Opinion*

## HOW TO STAY SAFE WHEN YOU ARE HOME ALONE

One thing is you should have the phone by you in case there's an emergency. Another thing is you should also never go outside. You should do what your parents tell you to do. Open the door only when you know the person, especially your parents. Do not open the door when you do not know the person. Never go near hot stuff because it might burn you or it can set the house on fire. It is important to lock the door.

—Victor Klutsey, *East Rock Record Opinion*

## Thank you!

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# OPINION

## White police/black men: We need better rules, training

We have a problem today. White cops are killing our African-American young men. It doesn't matter that they have their hands up or that they say "I can't breathe." It's cruel, evil, despicable and spiteful. We never hear about white people killed by black cops, and that is one-sided and something needs to change.

I know police are just trying to keep us all safe, but these killings are hard on our families. Even if cops don't mean to do it, it makes us all more afraid. I have eight brothers. Yes, I'm scared that they could be killed for something that they didn't do just because of the color of their skin.

I was eating breakfast and watching the news when I heard about Eric Garner. He only did one bad thing—selling cigarettes. That's such a small issue. He wasn't harming a lot of people. Killing someone is a big issue and it does affect a lot of people. Killing like this affects families, their communities, and their loved ones. After losing someone near and dear to our hearts through these acts, how can we trust and count on police to help us?

We should have better training for police officers that doesn't lead to protests, murders, and funerals. By that I mean we need to create better rules for how police can respond. There should be a limit on how many police officers should be on one person. If we had more cameras in the neighborhood and had more police wearing them, we could know the real truth about how these African-American young men are getting killed. And lastly, while we are training our officers physically, we also need to train them mentally and emotionally to see young African-American men as their peers with full lives ahead of them.

—**Valamae Jenkins, East Rock Record Opinion**

## A Season of Dis-Contempt

I believe that everyone should be equal, and no one be treated unfairly. That basic idea has been tested lately in America.

"Contempt of cop" is a phrase that we all have learned this year. It means "behavior by citizens towards law enforcement officers that the officers perceive as disrespectful or insufficiently deferential to their authority."

The deaths of Michael Brown in Ferguson, Missouri and of Eric Garner in New York City have made this a big issue. They were African-Americans who were killed by Caucasian police officers. Grand juries in each case did not charge the officers in their deaths. Some estimates suggest 123 African-Americans are killed by Caucasian police officers every year.

That makes me feel afraid, because even though I am of a lighter skin color, I am still perceived as a young African-American male. We can make this issue better, and our society is ready. A lot of people from all different races all around the United States were protesting.

The problem is that if a young Caucasian boy fools around a police officer, they think that they are just playing around, but if they see a young African-American boy doing the same thing, they think that they are trouble. We can change by giving African-Americans the respect that they deserve, and treat them like people.

—**James Maciel-Andrews, East Rock**

## COOKING REQUIRES CARE: Here are tips!

Cooking seems fun, right? Well it isn't that fun when it comes to cutting with a knife and you are using the stove with fire. At age 12 if you want to cook, you might want to be careful because you can cut your own finger with a knife. You won't feel anything just a slick cut. Your finger could get swollen and it might take a couple of days to heal. You might want to be careful about cooking and putting things in the oven because you could burn yourself when it is heated. You need to use an oven mitt so your hand won't get burned. For cooking you have to follow recipes correctly. If you messed up the cooking would look horrible and it won't taste good. You need flavor and texture. When you take food out of the oven you need to be careful not to drop your food. You need to clean everything in the kitchen because you don't want your parents to know that you were cooking for them when they get home. If you want it to be a surprise for your parent then clean your kitchen to make sure you they won't notice it. Make the kitchen spotless. Set the table perfectly and set the foods on the table gently. I hope you enjoy my cooking tips.

—**Victoria Praseuth, East Rock Record**

## Why You Should Dance

Every time I listen to music, I dance in my room. When I dance, I'm free from everything that bothers me or gets on my nerves. My favorite song is "Whip my Hair" by Jaden Smith because it's has a nice groove, and it lets me be free and calm as I whip my hair around. It is a very danceable song. I think everybody should learn to dance.

Some people think that dancing is a waste of time, but there are a lot of reasons why it's important. It's really fun. It's something that one day, everyone can teach to their kids. I will teach my kids when I'm older. Dancing is also really good exercise. It's important to get enough exercise so that you are in good shape and healthy. You could even have a career dancing, and get so famous that you make a music video. It's something you can do with your friends. It can be very easy to learn how to dance, because you can look up videos on YouTube that show you the steps.

People have been dancing for a long time, since the first human civilizations. I'm inspired by Rihanna because since the early days, she has had a groove. I'm also inspired by Beyoncé because she comes up with new and good moves. When I was home in Africa, in Congo, there was a big parade and we had to dress up. I saw dancing and I decided to join in and try out my dance moves. They taught me a lot about dance. My favorite song is Kukere by Iyana. Other songs are good, too but that's my song.

—**Tuphen Outsola, East Rock Record Opinion**



East Rock Record Reporters work with Yale mentors and East Rock teacher mentors in the East Rock Record "newsroom" (East Rock computer lab and library).



Guess what, guess what?! We just got 7 national rankings!



Amazing advancements are taking place in pediatric medicine. And if *U.S. News & World Report* is any indication, many of those advancements are happening here. For the seventh straight year, Yale-New Haven Children's Hospital is ranked among the best in the country in multiple specialties. Seven to be exact. We take tremendous pride in that recognition and in our dedicated doctors, nurses and staff who are experienced in caring for the unique needs of children. Most important is the gratification we feel knowing that the future holds such promise for the health and well-being of our children. **Visit [ynhch.org](http://ynhch.org).**

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