

The East Rock Record

133 NASH STREET, NEW HAVEN, CONNECTICUT 06511 MAY 2018 · VOL. 5, NO. 2

Reporters Query Legislators on Matters from State Budget to Fast Food Habits

East Rock Record reporters travel to state Capitol



EAST ROCK RECORD REPORTERS WITH REP. TONI WALKER AND REP. ROBYN PORTER IN THE HOUSE CHAMBERS (PHOTO: ADRIAN NIEVES)

BY EAST ROCK RECORD STAFF

The state budget, as usual, is a big issue for legislators, East Rock Record reporters found during a visit to the state Capitol.

“Right now the budget problem is getting everyone to agree on a budget,” said Brandon McCall, the legislative aide to Rep. Toni Walker. Rep. Walker is chair of the Appropriations Committee, which is in charge of the budget.

During a meeting in the House chambers, Rep. Walker quizzed reporters on how many zeros were in \$20 billion, the size of the state budget (fourth graders Kayson Maciel-Andrews and Shekinah Jones guessed correctly with 10).

Rep. Walker also asked reporters to guess how much is spent on education. “Let me tell you, one of the biggest items is education,” she said.

The answer: \$3.4 billion is spent on K-12 and nearly \$1 billion is spent on public higher education for a total of a bit over \$4 billion. Adam Sharqawe, in sixth grade, noted correctly that it was about 20 percent of the budget.

During the visit to the Capitol in Hartford reporters met with Rep. Walker, Rep. Robyn Porter, Senate President Martin Looney and Sen. Gary Winfield. Reporters visited the press gallery and met with CT Mirror Bureau Chief Mark Pazniokas. Legislators and Mr. Pazniokas answered questions on subjects from fast food to school bullying, “shipnames,” gender equality, cell phone addiction and school shootings.

Students noticed the marble in the bathroom walls and the texture of the stair rails. The build-

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ALERT: CONCERNS GROWING OVER CELL PHONE USE

1 in 5 East Rock students use phones each hour

BY ADAM SHARQAWA, DANIEL BEDOYA, JEANELIS EYSSAUTIER
EAST ROCK RECORD STAFF
EDITED BY ESTHER RITCHIN

In class at East Rock Community and Cultural Studies Magnet School, sometimes books aren’t just for reading. It turns out they are really good for hiding cellphones.

Students can look like they’re absorbed in their book, but they might be on Snapchat, Instagram, or playing games or watching videos. In some classes several students will use phones to play a popular game called Fortnite.

Some students have trouble staying off their phones. Teachers say, “put your phones away!” Students just take them out the next period. It’s not all fun. “I play games on my phone to the point of tiredness,” said sixth grader Javier Rivera.

Does East Rock School have a cell phone addiction problem?

The East Rock Record Spring 2018 survey found that one in every five students use their phone every hour of the day – including during school.

“I use my phone every day, every minute,” said Aliana Stephens, in sixth grade. Seventh grader Brianna Rivera said she uses her phone “every day, twenty-four seven.” She said she sometimes uses her phone while the teacher is teaching.

At East Rock School, students are not allowed to use cellphones. But that hasn’t stopped students. Teachers have noticed this problem, too. Mary Glickman, a P.E. teacher, said she sees 7th and 8th graders using their phones every day during first period. Amy Binkowski, a sixth grade

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East Rock School Principal Peggy Pelley to Retire Is Gender Fairness the Rule in School — or Not?

BY JAMES MACIEL-ANDREWS AND SHEKINAH JONES
EAST ROCK RECORD STAFF



In case you haven’t heard there is huge news at East Rock Community and Cultural Studies Magnet School: Principal Peggy Pelley is retiring.

Who will be the next principal at East Rock? That is a question we cannot answer.

“I know a lot of students think I will appoint the next principal, but that is not the case,” Ms. Pelley said. The decision will be made by the new superintendent and the board of education.”

Who would be good? “Mrs. DePriest would do an amazing job,” said Ms. Pelley.

We spoke with Ms. Pelley in her office. We sat at the round table. There was a side table with a bunch of pastel flowers on it surrounding a little gnome. She

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BY NASIR ANDERSON, HECTOR CRUZ, OMAR DWECK, SHEKINAH LOVE JONES, KAYSON MACIEL-ANDREWS, ALEC SAMSEL
EAST ROCK RECORD STAFF
EDITED BY HECTOR PERALTA AND ASHA PRIHAR

Have you ever heard this in school: “Okay, boys, line up here. Girls, make a separate line over there?”

Or what about in gym class when students are divided by “boys” and “girls”?

Well, this is actually illegal, said Carolyn Ross-Lee, Title IX coordinator for the New Haven Public Schools.

“We shouldn’t separate based on gender,” Ms. Ross-Lee said during an interview with East Rock Record reporters. “There’s no biological reason for girls to stand in one line and boys in the other.”

Ms. Ross-Lee, when asked to describe her job, said that she works to ensure that there is “equal access, equal opportu-

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MISS CHRISSEY’S GRILLED CHEESE DELIGHTS!
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*Paige Lemek, Discovered
and Signed at New Haven's
Top Model Search 2017.*

COMMUNITY NEWS

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Principal Peggy Pelley has been the principal at East Rock Community and Cultural Studies Magnet School for six years; she has worked in the New Haven Public Schools for 32 years.

Girl-Boy Culture Divide is Not OK

GENDER FROM PAGE 1

nities, and equal representation” for girls and women. The work is not done, she said. “We’re still working as a district, as a country, for girls to have equal access.”

The world —especially lately —has been paying more attention to gender. When you start noticing, there are a lot of ways that we divide up male and female. For example, we are told that girls have to wear skirts and pretty neat ironed shirts while the boys get to look like A HOT MESS.

Also, if the girls get dirty, it’s a big problem. But, if the boys get dirty everyone’s like, “Oh, it’s fine, shake it off.” This is a double standard in society that can be harmful.

At East Rock Community and Cultural Magnet School, students expect girls to play with “Shopkins” and boys to play with “Pokemon” and “Bey-Blade.” Teachers will ask for “a strong boy” to carry a box to the office. And even during recess, sometimes girls are told they can’t play sports with the boys. How is this fair?

Issues of fairness and equal treatment are big news around the country. So are questions about gender “roles.” It is making people look at habits and beliefs around gender. Separating based on gender creates divisions that affect how people think about who is capable of leading or doing certain jobs. This can have a big effect on how students feel about themselves and can affect their confidence. Sometimes people use gendered words to bully other people, such as when people use the word “gay” as an insult.

Gender is part of our everyday lives at home, school – and everywhere. On TV and in movies, books and songs. There are messages about gender that send signals that one gender is better or more powerful than another. Sorting people based on gender stereotypes is so common that people don’t often notice that it is happening.

Jarelis Calderon, a third grader at East Rock School, said she was once told that she could not play with a group of boys during recess. “It made me feel bad that I couldn’t play with the boys,” she said. But I got over it. I realized I could do my own thing.”

“There are a lot of differences about gender,” said Jayleen Baez, in fifth grade. Fellow fifth grader Isabel Faustino said, “it’s sad that they treat women and men differently.”

Gender divisions have not always been so sharp. In Ancient Greece, women would do everything from washing clothes to cooking to being



Carolyn Ross-Lee is the Title IX Coordinator for the New Haven Public Schools. Teachers should not separate boys and girls in school, she said.

80 percent of East Rock students say teachers should not sort students by gender and more than 75 percent say girls and boys should play on the same sports teams —East Rock Record Spring 2018 Survey

active members of city government.

But for some reason, this changed over the years. Men could do anything they wanted while there were clear boundaries for women and girls. This was especially true in the 1900s in the United States. Girls did not receive as much education as men, which was even worse for African-American women and other women of color.

In fact, it was the very fact that women were not receiving the same education as men that created the need for laws like Title IX. Title IX is the law that says the separating school activities and education opportunities based on gender is a form of discrimination, and thus illegal. According to Ms. Ross-Lee, “The law says whatever you provide for the boys, you have to provide to the girls as long as they’re interested.”

While much of the world is divided by gender, many students at East Rock School say it shouldn’t be. According to the East Rock Record Spring 2018 survey, more than 80 percent of students said teachers should not sort students for activities based on gender, and more than 75 percent said boys and girls should play on the same sports teams.

Legislators working at the state Capitol are also concerned about gender issues. Rep. Robyn Porter told report-

ers about her efforts to pass a law to help women in Connecticut earn equal pay with men. She said the problem in the U.S. is that white women are paid 82 cents on the dollar to white men while black women make 59 cents on the dollar and “Latinas are making 47 cents. That is a huge pay gap,” she said. “It isn’t fair.”

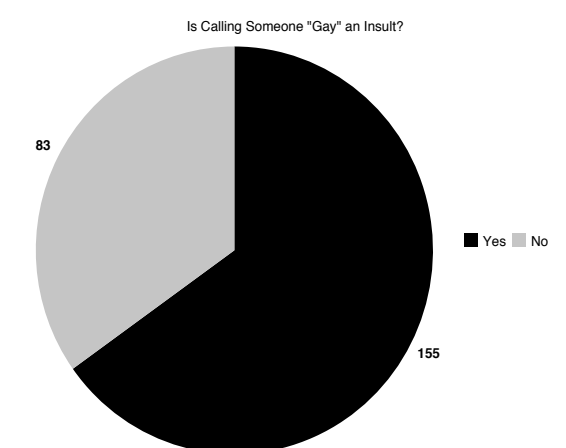
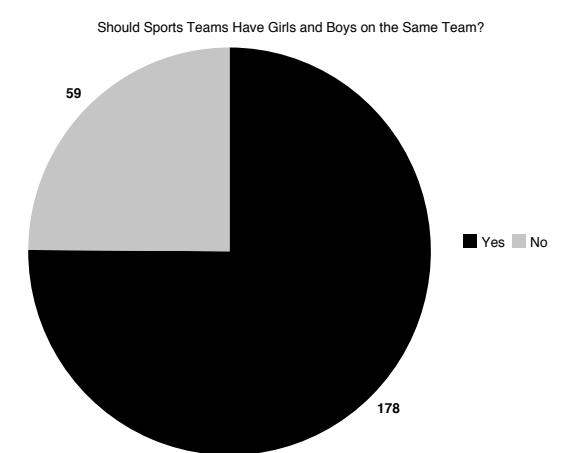
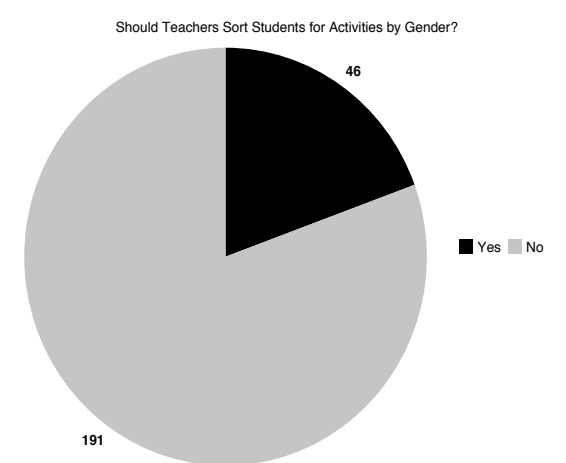
During a trip to the state Capitol, legislators and Mark Pazniokas, bureau chief of the CT Mirror, noted the fact that many more men than women serve in the legislature. Sen. Looney said that of the four caucus groups, the Senate Democrats have the highest proportion of women, seven out of 18, but that the other three are only 30 percent female.

“I think we should get to 50 percent,” he said. “Maybe when we come back in January we will have more.”

“The separation of genders plays out in everyone’s life whether they realize it or not,” said Sen. Gary Winfield.

“In many spaces you don’t see women in the numbers they belong in those spaces. It is an issue for me.”

Rep. Toni Walker said that when she first came to the legislature many years ago, “there were all of 12 women serving as state reps” out of 155. “To me, it was very hard to get people to listen because they were mostly men and mostly lawyers.



Source: ERR Spring 2018 Survey

COMMUNITY NEWS

Rep. Toni Walker: “I don’t want teachers to have guns.”

CAPITOL FROM PAGE 1

ing, “was like a big castle and it had lots of sculptures,” said one reporter. “It’s a classical building with professional individuals,” Mr. Sharqawe said.

Mara Patterson, in fifth grade, said, “this state capitol building is the best, most fanciest building ever. I love it.” Several reporters said they wanted one day to work in it. Reporters were impressed by the many staircases and statues.

“I had so much fun and there was so much to see. The statues were so pretty,” said Jaylani Sanchez, in third grade. Others focused on the interviews. “We got to get the answers that we wanted to hear,” said one.

Fourth grader Kamiyah Marsh enjoyed the visit to the House chambers. “The best thing about the trip was when we got to sit in the Rep. seats,” she said. While meeting with Rep. Walker and Rep. Porter, students were able to sit at desks where legislators sit when the House is in session.

During interviews, reporters learned that Rep. Walker wakes up at 5 a.m. each day and spends the first hour answering e-mails. “I get about 600-700 e-mails a day,” she said. She cannot read them all, but spends an hour each morning skimming through them to understand people’s concerns. Then she exercises before getting ready to come to the state Capitol. She often leaves the Capitol at 7 p.m.

She said being a state representative is like being in school because you must constantly learn. “In order for me to do laws on things I don’t know about, I have to learn them. I have to learn about how much cement you mix into the roads so the roads can be smooth.”

Reporters asked Rep. Walker, who is also an assistant high school principal, about President Trump’s plan to train teachers to use guns. “I



REPORTERS SPEAK WITH SEN. MARTIN LOONEY AND SEN. GARY WINFIELD (TOP); INTERVIEWING WALKER AIDE BRANDON MCCALL (LEFT)

want her to carry a paintbrush or book or writing paper,” she said. “I don’t want teachers to have guns. I will not support what the President is suggesting. I think he is wrong on that.”

Mr. Pazniokas said that after the school shooting at Sandy Hook, he was one of the reporters who covered President Barack Obama’s visit to Newtown. “The Florida shooting reminded me of how difficult of an issue this is,” he said. After the Sandy Hook shooting, Connecticut enacted tighter gun control laws, he said, that “contribute to a lower level of gun violence” in the state.

Students who visited the press gallery also noticed that it was very messy. There was a painting of Elvis with lights around it, lots of plants, and odd things filling the space. “This room is unlike all the others in the state Capitol,” said Mr. Pazniokas. “It is kind of goofy. They put crazy things on the walls. We try to have a little fun.”

East Rock Record reporter Isabel Faustino, in fifth grade, noticed. “The state Capitol is where decisions are made. But it is not only serious, but also fun. So fun that they have a Nerf gun hanging on the wall.”



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SCHOOL NEWS

Ms. Pelley finishes 32-year career in New Haven Schools

MS. PELLEY FROM PAGE 1

also had a whole line of Smurfs on her bookshelf. (But she is missing one). She got the Smurfs at McDonald's from the Happy Meals.

"I collect gnomes and Smurfs," she said. "I think they are adorable." (And yes, she is planning to see the new movie, Sherlock Gnomes.)

Ms. Pelley has spent most of her career in education. She has worked in New Haven Public Schools for the past 32 years, and been the principal at East Rock for the past six. Before that, she was principal at Jepson Magnet School and has also been the assistant principal at Worthington Hooker School. She started her New Haven education career as a second grade teacher at West Hills Magnet School.

Being principals is a busy job. Ms. Pelley gets 100 e-mails a day. She doesn't leave school each day until she answers every single e-mail, which isn't until 5 or 6 p.m. She wakes up at 4:30 a.m. because even before school begins, she has to check a website called "Frontline" which says which teachers will be absent and if there are substitutes who have signed up for the job.

By the time she opens the school doors at 7:40 a.m., she needs to have teachers for all the classrooms. "It can be very challenging, especially during flu season," she said.

One other thing she finds challenging is when kids bring toys to school. If toys are dangerous or a distraction she has to ban them. She banned fidget spinners. "There were pieces that were flying out of them. That can be very dangerous," she said. "They can get caught in people's hair."

A long time ago she banned silly bands because people could shoot them like rubber bands. Even though Pokémon cards are not dangerous, she said they are a distraction. So they are not allowed. But, said Ms. Pelley, "we still see them



Ms. Pelley has collected Smurfs from McDonald's Happy Meals.

on a regular basis." ("Guilty as charged, check my bookbag," admitted Kayson Maciel-Andrews).

What will Ms. Pelley do when she retires? She wants to spend a lot more time gardening. She also wants to do more painting and drawing. "I do pen and ink drawings," she said. And guess what? She also wants "go back to school and take some classes." She said she lives near Southern Connecticut State University.

Ms. Pelley also wants to spend more time with her dogs (she has two golden retrievers named Holly and Jennie), her two daughters and her brothers and sisters.

Ms. Pelley's family has a long history in New Haven. In her office, she has pictures of her mom and her dad, who met at Hillhouse High School.

Ms. Pelley is the middle of five children and lived in a house that her grandfather built in Fair Haven. She attended kindergarten at the Woolsey School in New Haven, first and second at St. Rose School and then moved to Orange, where she attended Racebrook Elementary School. There, she met her favorite teacher, Mr. Paul Ober, who noticed Ms. Pelley's leadership potential and encouraged her to run for student council. Ms. Pelley said he played a big part in her interest in becoming a teacher. They are still

Facebook friends!

Ms. Pelley attended Amity Junior High School and then Amity High School before her family moved to Rhode Island. She graduated from East Greenwich High School in Rhode Island in 1977. She earned a degree from Southern Connecticut State University in 1984, a master's degree in 1993 and a Sixth Year Professional Diploma of Advanced Studies in Educational Leadership in 2001.

Ms. Pelley has enjoyed her time as principal of East Rock. We asked the question, but she said she doesn't have a favorite student. "I enjoy every single one of you," she said. "I will miss you all so much"

Can we speak for everybody here? Everybody is going to miss Ms. Pelley, too.



Ms. Pelley has photographs of her parents in her office.

EAST ROCK COMMUNITY SCHOOL PTO

End Of Year Picnic



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THURSDAY, JUNE 7, 2018

5:00 PM - 8:00 PM

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RAIN: CAFETERIA & GYM

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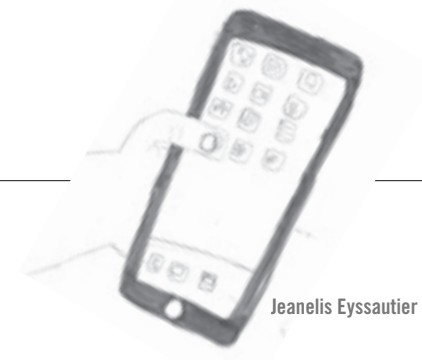
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SCHOOL NEWS



NEW MATH AT EAST ROCK = “SHIP NAMES”

BY MARA PATTERSON,
SHANIAH KINSEY, JAYLEEN BAEZ,
ISABEL FAUSTINO,
NATALIA PENNA, ADTZIRY PEREZ
EAST ROCK RECORD STAFF
EDITED BY QI XU

A new kind of math is popular at East Rock Community Magnet School. It goes like this:

Shaniah + Willie = Shaillie

Natalia + Hector = Nector

Jayleen + Willie = Wileen

Mara + Tyelor = Myler

Isabel + Omar = Omabel

Adtziry + Irvin = Adirvin

In case you haven't heard, these are called “ship names.” It is a made-up name you get when you combine two people's names together. And it is VERY popular at East Rock School this year.

Students give each other ship names because they think it is a fun way to show affection and fondness. But some students and adults interviewed said it could be a form of bullying if the names are unwanted.

According to the East Rock Record Spring 2018 survey 44 percent of students said they had heard of ship names, while 56 percent had not. Of students surveyed, 23 percent said giving ship names is a form of bullying.

Charlotte Smith, an assistant teacher at East Rock School, said that although she had never heard of ship names, she doesn't like the idea. Names are a form of identity, she said, and it's upsetting when people mess up your name. “The name says who you are, how you're special to the world. When people take your name out of context, they have labeled you to be less

than purposeful and powerful in your life.”

Fifth grader Willie Franco Jr. said he'd been called multiple ship names before. Mr. Franco gets mad when people “ship” him with people he doesn't like. He tried to yell at people but failed to stop them using the name.

Carolyn Ross-Lee, Title IX Coordinator for the New Haven Public Schools who also oversees bullying complaints, told East Rock Record reporters that if someone makes it clear that they don't want to be called a ship name and others ignore that, it is a form of harassment.

“When you know that it is bothering somebody and you are doing that just to bother them, that is called harassment,” she said. Ms. Ross-Lee asked students to listen to each other, and think about how they would feel if someone gave them a ship name. “It's all fun and games until someone's feelings get hurt,” she said.

Leslie White DePriest, assistant principal at East Rock School, said ship names at East Rock do not seem to be a form of bullying. “I think that it is like a cute pet name,” she said. Ms. DePriest said no one had complained to her about being given a ship name. She said it can be rude when people don't like names they get, and urged that students, “don't be mean about it.”

During East Rock Record reporters' visit to the Capitol, people we interviewed had not heard of ship names. After explaining, many found it fun.

Rep. Toni Walker even made her own ship name between her assistant Brandon and a fifth grader, Tyelor Ballard, because they both had dyed their hair! (Brandon + Tyler = Bryler)

Rep. Robyn Porter thought ship names were a great idea because she thinks it is a way to get people working together and thinking as a team. Said Rep. Porter, “I definitely believe that ship names can be good.”

cell phone addiction a growing problem, in school and out

CELL ADDICTION FROM PAGE 1

teacher, thinks middle schoolers use their phones too much, saying she is used to “seeing phones where they don't belong daily.”

There are many reasons students should not use their phones in school. In addition to keeping students from paying attention in class, Ms. Glickman said, “I feel that if the students are using them too much for social media in middle school, they're too young to realize that once it's out there it is forever.”

Leslie DePriest, East Rock School assistant principal said that “students should not be using their phones in class, it is against the school rules.” But she also said that sometimes they may be useful and using them in class is O.K. if it is for educational reasons, like as a timer for science experiments. Unfortunately, if students are allowed to use phones in class then they might cheat on test or assignments.

Cell phone use is not just a problem among students. Teachers use their phones during class, too, for many different reasons. If teachers use their phones “for an instructional, academic purpose, I wouldn't have a problem with it,” said Ms. DePriest, who gave the example of apps to translate from a foreign language.

“Teachers shouldn't text while instructing” said Ms. Binkowski. “Teachers keep phones on them in order to be in touch with others.” Teachers may also be parents and have family emergencies. “I have two kids at school, if they call, I pick up,” said Chandra Johnson, a special education paraprofessional. But she would never disrupt class. “I will step out of the room saying ‘excuse me I need to take this call,’” she said.

Cellphone use is getting to be a big issue around the country. According to Michael Kaplan, Assistant Clinical Professor at the Yale Child Study Center, cell phone addiction is “the repetitive, compulsive use of cell phones for multiple purposes that affects every day functioning.”

How do you know if you're addicted to your phone?

There are a few important signs, said Dr. Kaplan. They include: 1) if you are distracted at school or work because of continuously using your phone 2) if you get angry/agitated/irritated if you don't get to use it 3) if you don't have time for other activities because you are too engrossed in your phone or 4) if you are having frequent arguments with friends, family, or spouse about smartphone usage.

The numbers of phone-addicted kids is growing. “I see it in my office. Many kids can't put their phone away,” said Dr. Kaplan. “They fondle,

caress, stroke their phones absentmindedly, as if the phone was a blanket.”

Phone addiction can have multiple effects, “causing depression, increasing anxiety and most commonly, affecting sleep habits,” he said. Statistics surrounding cell phone are concerning. Dr. Kaplan said research shows that 50 percent of teenagers believe they are addicted to their cell phones. Teens, on average, check their phone 150 times a day and send approximately 110 text messages per day, he said.

Cellphones are such a major part of student life that not having your phone can make some feel stressed. According to the East Rock Record survey, 76.8 percent of students surveyed had a cell phone and 46 percent feel upset if their phone is not with them.

Divine Clark, a sixth grader, said she uses her phone “because it's interesting and addicting to me.” When asked how she felt without her phone, seventh grader Brianna Rivera said, “I feel lonely.” “I got a phone when I was five, so I think I'm a little bit addicted,” said sixth grader Nasir Anderson.

It's also a problem for grownups. “If I had my way, you would not have cell phones in schools. It is a distraction for me, and I am an adult,” said state Rep. Robyn Porter. She had her cell phone in her hand as she talked with East Rock Record reporters during a visit to the state Capitol.

“It is not only a distraction in this chamber, it is a distraction in meetings. This thing keeps you connected 24/7,” she said.

State Sen. Martin Looney said cell phones are not all bad. “There is great potential in cell phones. You can get a lot of information. You can google things,” he said. “But there are ways you can waste time.”



“STUDENTS SHOULD NOT BE USING THEIR CELL PHONES IN CLASS”
—MS. DEPRIEST, ASSISTANT PRINCIPAL

BUT 1 in 5 USE THEIR PHONES EVERY HOUR, EVEN DURING SCHOOL

DO WE HAVE A PROBLEM?

FOOD & HEALTH

Miss Chrissy's Grilled Cheese Delights at East Rock!

BY ADELINE ELLIS, JARELIS CALDERONE, KEYLIN MONTOYA, JAYLANI SANCHEZ, CHASSITY BOWES WARE
EAST ROCK RECORD STAFF
EDITED BY DONYA FAGAN

What is orange and delicious and makes kids excited for lunch?

Grilled cheese! But not just any grilled cheese. Ms. Chrissy's grilled cheese at East Rock Community and Cultural Magnet School has students – even teachers – losing their minds.

"If I could get a hot grilled cheese sandwich," everyday, then "Oh my gosh!" said John Kennedy, who teaches seventh and eighth grade math.

Sixth grader Nygeria Jones described her ideal grilled cheese as "crunchy," and third grader Jarelis Calderone said she likes "making the grilled cheese in the kitchen on Thursdays."

Many students at East Rock Magnet School really like the gooey snack. In the East Rock Record Spring 2018 survey, nearly 65 percent answered "yes" when asked if they liked grilled cheese sandwiches.

Gail Cairns Sharry, Food Service Director for New Haven Public Schools, told East Rock Record reporters that grilled cheese is extremely popular among students in grades K-8, and much more popular than with high school students.

Ms. Sharry, who is in charge of

creating menus for all New Haven public schools every day, tries to be aware of which lunches are



Cafeteria worker Christine Saffiotti makes great grilled cheese.

more popular than others, so that students can get lunches they like to eat.

It certainly seems like the students at East Rock love grilled cheese. As third grader Chassity Bowes ware said, "Miss Chrissy's grilled cheese is the best!"

"Miss Chrissy" is actually Christine Saffiotti, who works in the cafeteria. When she filled in and became the cafeteria "cook" she said she "always made a tray of grilled cheese" because students at East Rock liked it so much.

What makes her recipe special? We asked her. She said that brushing butter across the top of

the break before cooking it makes the sandwich "squishy and melty and gooey." She shared her recipe with reporters and said that you should "cook with love."

Miss Chrissy's recipe has to follow the rules that Ms. Sharry and other directors make. For example, every day each student has to have eight ounces of milk, two ounces of protein, three-fourth cups of vegetables, one-halfcup of fruit, and two whole grains. The fruit is favorite among third graders.

Miss Chrissy's grilled cheese recipe calls for four slices of American cheese, for example, because each slice has a half ounce of protein. "We have different ingredients here. I have to go by a menu, so I can't choose what I make," she said.

However, not everyone at East Rock School likes grilled cheese. Sixth grader Lita Tuba doesn't like grilled cheese sandwiches because she doesn't like cheese. Even though a lot of kids like grilled cheese, only 65 of the 237 students surveyed say that they think that grilled cheese is the best lunch at East Rock School.

"It's hard, because you can't please everybody," said Miss Chrissy. "I try to make variety and I try to use the ingredients that we are allowed to use as best I can."

All of those in the school cafeteria, from the director to the cook, try to make every student happy and well-fed when they leave the cafeteria. "We do our best, and it's a group effort," Miss Chrissy said. "The whole kitchen pitches in and we all try to do the best for them. It's not just me. It's a group effort."



Adeline Ellis

MISS CHRISSY'S GRILLED CHEESE

4 slices American Cheese
2 slices whole wheat bread
melted butter

Preheat oven to 350 degrees.

Spray cookie sheet with buttered flavored cooking spray. Lay down a slice of whole wheat bread. Then stagger across 4 slices of American cheese (when preparing this at home you can use use less cheese if you desire). Top with another slice of bread. Melt butter, then lightly brush on the top of the bread. (Just a few strokes. You don't want it saturated or soggy.) Bake at 350 degrees until lightly golden brown, about 8 minutes. Ovens vary, so keep watch. Timing is a key to having a warm, melty grilled cheese. And as I always do, cook with love.



Keylin Montoya



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FOOD & HEALTH

FAST FOOD IS YUMMY, BUT WATCH OUT!

BY JESSICA BEDOYA, KAMIYAH MARSH,
ISABELLA PAGAN, RAMI MOHAMMED
EAST ROCK RECORD STAFF
EDITED BY NICOLE MO

“I’m lovin’ it,” “Have it your way,” and “Think outside the bun.”

What do those have in common? They are slogans for restaurants that sell food that seems quick, yummy, and cheap.

Emphasis on yummy.

The East Rock Record Spring 2018 survey showed that 54 percent of students said fast food tastes better than regularly cooked food. Fourth grader Julyanna Franco likes it, “because it tastes good and you can get it fast.”

She’s not the only one. Nearly one-third of students at East Rock Community and Cultural Magnet School eat fast food three or more times a week. This fact matters to Gail Cairns Sharry, Food Service Director for New Haven Public Schools. She is in charge of the cafeteria menus.

Ms. Sharry said the fact that students —and people in general —eat a lot of fast food has affected the menus she makes. She remembers how different school meals were when she went to school. “School lunch wasn’t quite what it is now,” said Ms. Sharry. “As these fast food places come up, kids want to eat it.”

Technically, school cafeteria food is “fast,” she said. “I can tell you right now, McDonald’s can’t feed you as fast as we do. I try to feed you between eight to ten minutes. And it can be 100 kids.”

Just because food is speedy doesn’t mean it takes like fast food. “Our hamburger isn’t like McDonald’s,” she said. That is on purpose. Ms. Sharry said schools must find the balance between tasty and healthy. When she plans cafeteria menus for the entire year, she thinks about what kids want to eat — but also if they’re eating the right food.

“Everyday you have five components,” Ms. Sharry said. Milk, protein, vegetables, fruit, and whole grains must be part of all meals. The three most popular meals for K-8, she said, are pizza, grilled cheese, and “breakfast for lunch.”

Ms. Sharry doesn’t know how much fast food New Haven kids are eating. “I only know what they’re eating at school, and it all depends on your definition of fast food,” she said.

P.E. teacher Dana Griffin thinks that East



Gail Cairns Sharry, food service director for New Haven Public Schools, talks with East Rock Record reporters about school lunch.

Rock doesn’t serve that much fast food. He thinks this is a good thing, even if fast food is delicious. “Fast food isn’t good because of all the chemicals inserted into our food. It makes it taste good, but is bad for you,” he said.

Fast food is tempting, but it causes addiction, nausea, or heart disease if you eat too much. Fast food may also hurt your kidneys. It is obviously bad for you, and more and more kids are realizing this. However, kids might not be realizing just what kind of foods are bad for you.

“Fast food is not really healthy for you and has a lot of oil,” said Alexandra Berthely, in fourth grade. “I only go to eat fast food on Sundays.” She does like to eat at Subway and said it seems healthy because it doesn’t have that much grease.

Many kids seem to think that fast food is healthy if it’s not greasy but this is not always true. A report from the Rudd Center for Food Policy and Obesity found that commercials showing healthy messages might be tricking kids into thinking fast food is healthy. Fourth grader Julyanna Franco finds out about new fast food, like the Taco Bell Doritos tacos, from commercials. She said she pays attention to commercials “to try something new.”

Third grader Ty’kneshia Thomas, also knows that fast food is bad for you. She thinks we should

all eat less of it, but believes that sometimes it’s okay. “I’d probably stop all the dinner fast food meals,” she said, “but leave breakfast because people are really rushing in the mornings.”

Does she have a preferred fast food restaurant?

“McDonald’s can’t feed you as fast as we do”

—Gail Cairns Sharry, New Haven Public School Food Services Director

“Wendy’s used to be my favorite, but I heard bad things,” she said. “I heard they use old oil.”

State lawmakers are just as worried as students. Sen. Gary Winfield said of fast food, “I like it more than I should,” but he also said that fast food, “is not something you should enjoy on a regular basis.” Sen. Martin Looney said the problem with fast food is that “it has many calories without being nourishing, not giving you vitamins and minerals.”

However, both he and Sen. Winfield eat fast food, especially when they’re working a lot. “There is a lot of fast food just about everywhere,” Sen. Looney said. “It is so much a part of our society.”

We’re not saying don’t eat fast food, just please do not eat too much.

Taste test: Which Doughnut is Most DELIGHTFUL?

EAST ROCK RECORD STAFF

Reporters disagreed strongly about which doughnuts tasted best after testing several flavors from three different brands. Some said the packaged doughnuts from the Big Y (flavors: powder and chocolate) tasted “artificial” and “dry.” Tasters said the Dunkin’ Donuts Spring Fling flavor with purple frosting and flower-shaped sprinkles “tasted like spring” and “was super fluffy.” Others found the Dunkin’ Donuts Powder flavor “too powdery.” Fifth grader Mara Patterson said Cookie Dough from Donut Crazy “tasted like black licorice.” Shekinah Jones, in fourth grade, thought the packaged chocolate was “just amazing,” but felt the fancy Cake Batter flavor “could be better.”





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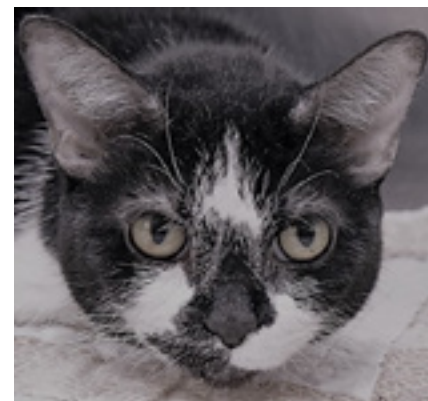
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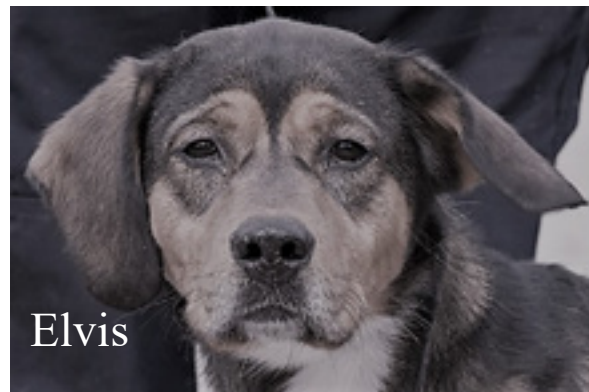
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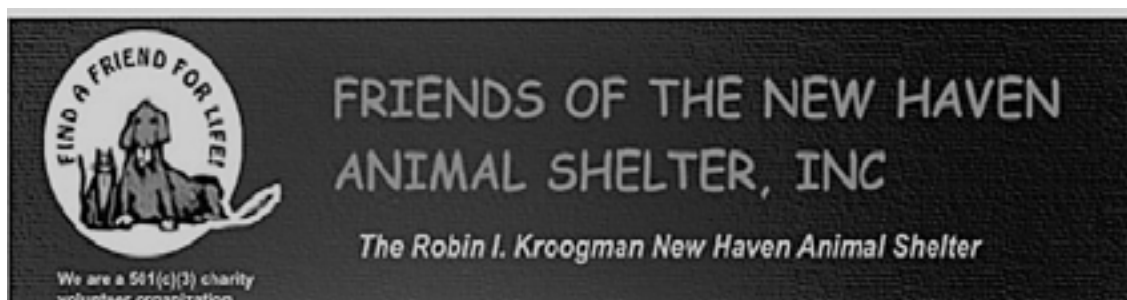
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Gracie with Teresa

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LIFE & IDEAS

Time to Re-Design Education

BY DAVE JOHN CRUZ BUSTAMANTE
EAST ROCK RECORD SPECIAL CONTRIBUTOR

Excerpted with permission from "The Education Manifesto: Recognizing Education's Defects in the U.S. and How We Can Find Solutions"

School. We all have gone to it a period in our lives. It's fundamental to become a good, educated and responsible citizen in society, right? What if I told you that school does the opposite? Duh, duh, duh! Well, I might be exaggerating but I suggest reading more to find out.

Class and School Design: The average student does to school five days a week, six and a half hours a day. We all go to school expecting the same class, the same subjects, the same people, the same schedule. Most importantly, we are confined to a space that offers limited interaction and critical thinking for many with the usual desks in rows, facing front to the teacher. We should give space to students and teachers. Humans are social creatures. A common space where teachers and students alike can think together in groups is critical for success.

Education and its Flaws: The problem we have with the education system is that it makes students learn at the same pace in the same subjects. This wouldn't be a problem if students were robots where when you ring a bell the container (the brain) is filled up mindlessly. While there are always scholars that are launching forward, there are also scholars that are left behind because they are confused. Every student has different strategies and methods of learning that could help them learn efficiently in multiple subjects. If we could focus on each individual at his or her own pace and methods of learning then this would lead to academic success for everybody, which is what school should strive for. Students should have the ability to work at their own pace with the help of educators so they can achieve academic goals that they set for the end of the year.

There are many people that have failed school and have contributed to society, like Albert Einstein. The man who founded many physics fundamentals was also the person that was expelled from school because of his rebelliousness. The education system was created in a time where children grew up to be factory workers in the industrial age. The point is, barking orders to a student sends a message that they are not in control. Which is the exact opposite of a modern day where people are able to innovate much more efficiently due to technological advances. Passion and creativity is ultimately drained and killed off.

Sure, it will take time to set up a new school system that works, but it is possible. Focus on each individual, improve classroom design, implement technology, add relevant subjects to schools. All of these things are fundamental for a school system in which students actually learn. We need to stop shoving knowledge at students that they will forget after a test and that send students into all-nighters, stress, tears. We need to stop assuming that kids are not curious. We want to learn. We want to spend time with our family and friends, we want to pursue our passions. We are students. We are children. We are the future.

APPLEGATE IS SPECIAL AUTHOR

BY ADELINE ELLIS
EAST ROCK RECORD STAFF

I like to read. I like a lot of books, but there's one author that I really like. Her name is Katherine Applegate. She writes a lot of books, but I have three favorites. They are *The One and Only Ivan*, *Crenshaw*, and *Wishtree*. They are my favorite because they are really interesting. *Wishtree* is about a big oak tree named Red. *The One and Only Ivan* is about a gorilla named Ivan who lives at the Big Top Mall and Video Arcade. There is an elephant named Stella who lives next to him. Stella used to be a circus elephant, but she broke her leg, so she went to tentorium. Then she has to go back to the circus, because her leg is feeling better. Then a new baby elephant named Ruby comes. At the end of the book, Ivan goes to a real zoo. The main idea is that Ivan loves to draw and paint. The man who owns the tourist trap gets fired because he wasn't doing a good job. The book is good because it is interesting. It is good because the writing is good and the characters are interesting. *Crenshaw* is about a boy named Jackson who is 10. When he was seven he had an imaginary friend who was a big cat named Crenshaw. When Jackson is ten, Crenshaw comes back. Not a lot of kids have read these books. I think more kids should read these books, because they're really interesting and fun to read. Other people should read them, too! They will enjoy it! They're very happy!

Review: Sims 4

BY SHANIAH KINSEY
EAST ROCK RECORD STAFF

Have you ever heard of *The Sims 4*, a game that lets you guide your characters in life? You can make them have a big family and even adopt kids. You have the chance to control someone else's life. When I play *Sims 4* I made my best friend Jayleen get married to Irvin and they adopted two kids a boy and a girl. Then they had a baby boy named Jayden. Then I made my other friend Mara get married to Tyelor and have four kids, two girls and two boys. Both are twins.

McD's Not Just About Food

BY HECTOR CRUZ
EAST ROCK RECORD STAFF

Have you ever had a McDonald's breakfast? Well I have. If you haven't, then you're missing out! McDonald's always has good breakfast and good lunch. For breakfast, I have a breakfast burrito and a bacon, egg, and cheese sandwich. For lunch, I always get a burger, some chicken nuggets, and small fries. I dip both my nuggets and fries in honey mustard, and I dip my cheeseburger in barbeque sauce. Fries actually taste better without the sauce, but the nuggets taste better with the sauce. A great part about getting breakfast or lunch at McDonald's is the playground. One of my favorite parts is when I stand on a rope and swing into a pit of soft bricks. I try to balance on it, but I always fall. McDonald's is the best not only because of the yummy food, but also because of the exciting playground.

Fornite Frenzy: It's Free and Fortified with Skills

BY OMAR DWECK
EAST ROCK RECORDSTAFF

In my opinion, Fortnite is the best game out there now. Fortnite is a new video shooting game, and it is free so many people like it because of that. I would never buy Fortnite, but I play it because it doesn't cost money and it's a good game.

I also like Fortnite because it teaches you strategies that are important. If you play Fortnite, your hands will become fast. Also, the game is endless. If you play Mario, the game has levels and it will end quickly. Fortnite is not like that. I also like it because you play with people. That is why Fortnite is the best game out there.

One of the downsides of Fortnite is that if you want to download the game, you have to sacrifice 40GB on your computer. Also, it is in early access and it updates a lot. I don't like it when Fortnite updates. On my computer, it takes three hours to update, but it is worth it so I can keep playing the game.

As you can see, Fortnite is a good game. So if you want to get it, you can get it free right now.

BY DANIEL BEDOYA
EAST ROCK RECORD STAFF

Fortnite Battle Royale is the best game in the world. Even Drake plays it. It has taken over the world. It works like this: 100 players jump into a match and battle down to the number one spot. I have over 100 wins.

The game is all about strategy. To win I first go to a good place such as Tilted Towers or Pleasant Park. You then get good loot that will help you throughout the game. There are many things you can do next. You can camp in a house, build yourself a base, or just get into all the action and get yourself some kills. The main thing to do when someone shoots at you is build. Build. Build. Build. So when you get shot at, just build a wall and begin a building challenge with your opponent. If you get in a building war then just get to higher ground and after you do that you can shoot. Fortnite is fun because you get to play it with friends and if you don't feel like getting yelled at with "Revive Me!!" every few minutes then you can just play solo.

Some adults say video games don't teach you anything, but playing Fortnite helps you gain strategy and teamwork skills. It also just lets you have fun and relax. In February of 2018 there was known to be about 3.4 million people playing at the same time. Everyone from Chance the Rapper to Roseanne Bar!



Check out our Instagram @eastrockrecord!



EDITORIAL & OPINION

Letter from Principal Pelley

Greetings East Rock Record Readers!

Congratulations to the East Rock Record staff on the tenth edition of the East Rock Record! Our student reporters meet after school weekly to generate story ideas, report, write, edit and publish a school newspaper that is printed and distributed throughout the New Haven community. Our budding young journalists hold “press conferences” and invite special people to our school for interviews. Earlier this month, our young journalists had the opportunity to visit the State Capitol to learn more about state government. I trust that you will enjoy the articles that resulted from those interviews. Asking questions, raising issues, and learning all the skills that come with being part of a school newspaper club helps our students to become better writers, thinkers and citizens. Sadly, this will be my final principal’s message in the East Rock Record, as I am retiring in June. I would like to thank the staff, students and parents of East Rock School, student mentors from Yale University, and nationally recognized journalist and author Laura Pappano for supporting our students in this collaborative effort for the past five years. It has been a pleasure working with all of you. I look forward to reading all future editions of the East Rock Record, as you continue working to ensure that students’ voices are heard. Keep up the good work!

Best wishes for a happy, healthy summer!

Peggy Pelley, Principal

East Rock Community and Cultural Studies Magnet School



East Rock Record reporters asked questions of legislators at the state Capitol.

Why I LOVE My Hair

My hair is dark brown and curly. I put my hair in a bun every day. I like my hair. My favorite part about my hair is my curls. The curls are very tight. When I don’t wear my hair in a bun, I put part of it in a bun and then I straighten the rest out and then curl it a little bit and leave it up. I think the texture of my hair is cool. I also like my hair because it’s pretty. It’s pretty because it’s mine, and because I get it from my history and my mom and my grandma and my great grandma. All of my relatives have curly hair, even my papa! I think that other people like my hair, like Jarelis, Addie, and Taina. I would never change my hair if I could!

— **Chassity Kyoni Bowes-Ware**, *East Rock Record Opinion*

Slime is fun (sometimes edible!)

Slime is fun to play with! It’s sticky and stretchy and smelly. It smells like good smells or bad smells. It’s fun to play with because it’s really soft and squishy. Some of them stretch and some can make fart sounds. You make it by combining glue and soap and Borax. That makes it squishy and sticky. You can also add shaving cream, which makes it foamy. You can add beans or Styrofoam to make it crunchy. You can change the color by adding food coloring.

It can be messy if you put too much activator and make it too sticky. But if you put the right amount it will make it normal and it won’t make a mess when you play with it. Adults can play with it, but kids usually like it more. I like playing with slime! I play with it every day!

You can also make edible slime by melting Starbursts in the oven and then mixing it with flour! It’s super good! You can add M&M’s or Hershey’s kisses or other candies. It’s super good!

— **Keylin Montoya**, *East Rock Record Opinion*

The East Rock Record

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

Editorial and opinion writers: Isabel Faustino, Kayson Maciel-Andrews, Natalia E. Penna, Jaylani Sanchez, Jessica Bedoya, Chassity Kyoni Bowes-Ware Keylin Montoya, Adam Sharqawi, Jarelis Calderon, Shekinah Jones.

GET READY FOR THE WORLD CUP — WITHOUT THE US OR ITALY

The World Cup has finally returned! We last saw it in 2014. Four years ago, Germany had won after a 120-minute match against Argentina. But things look different this year. Argentina has a new player, Paulo Dybala. A lot of people expect Dybala to be the second Lionel Messi, or the third Diego Maradona.

And talking about Messi, his rival’s national team also has a new player, Renato Sanches. Sanches has shown a lot of potential with Bayern Munich, and is now on loan with Swansea City. He could bring some surprises.

About the finals of the Euro, France has a very good chance of winning the World Cup. Some old players are still playing, as well as some new ones, including Antoine Griezmann, Paul Pogba, Olivier Giroud, Dmitri Payet, N’Golo Kanté, Blaise Matuidi, and Raphaël Varane. But the biggest thing happening with the French team is that Karim Benzema is not playing.

There is only one team that has gotten significantly worse throughout the years: Italy. After winning the 2006 World Cup, Italy hasn’t even qualified. That is a huge upset.

A lot of Italians are angry and disappointed. But most importantly, this is the national World Cup where every country participates and gets a chance of winning, like mentioned in the song “Wavin’ Flag.”

—**Adam Sharqawi**, *East Rock Record Opinion*

Thank you!

The *East Rock Record* would like to thank the following for their help and support:

EAST ROCK SCHOOL

Peggy Pelley
Leslie DePriest
Joseph Lewis
Paula Daitzman
Linda Pina-Morris

YALE UNIVERSITY STUDENTS

Hector Peralta
Nicole Mo
Donya Fagan
Asha Prihar
Esther Ritchin
Qi Xu

YALE UNIVERSITY OFFICE OF NEW HAVEN AND STATE AFFAIRS

Sarah Wessler
Claudia Merson
Harry Trask

SPECIAL THANKS

Angie Hurlbut, AH Design

Thanks to all those who made themselves available for interviews and press conferences. We also thank our major funding sponsor, the Yale Office of New Haven and State Affairs and our partners and supporters including The Study, Yale-New Haven Health, Webster Bank, and The Diaper Bank, especially Yury Maciel-Andrews.

COMMUNITY VOLUNTEER

Laura Pappano

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OPINION

Exercise is fun, important

Exercise is really good for you. I like to exercise. I do sit-ups and curl-ups and jumping jacks and push-ups and butterflies with the whole class on Thursdays and Tuesdays. I do it because it's really good for your body and bones and makes you stronger. Sweating is good for you because it's good for your oxygen and it's your body's way of getting rid of toxins. On Fridays we do Just Dance with the class. Just Dance is also exercising, because you move your body and start to sweat as you dance and copy the moves of a dancer on the TV. I also like to play soccer and I do ballet, tap, and hip-hop, and I'm also going to gymnastics this summer.

These are fun forms of exercise that every one should do them. I think adults don't like exercise as much because they already have a lot of good muscles. I think you should also eat healthy, like eating cucumbers and carrots and salads and fruits like strawberries and oranges. Some adults don't like to exercise, and that's okay, but they still should because if you don't exercise a lot then you won't be healthy.

For just 30 minutes is enough to be healthy. Adults don't have fun exercising because they just want to stay home. If adults saw exercise as a game they might like it more. They should try to make exercising more of a game by playing dodgeball or tag. Then they get exercise and it will be fun.

—**Jareli Calderon**, *East Rock Record Opinion*

SIBLINGS ARE GREAT

I have six siblings. Four are my brothers and two are my sisters. Four are older than me, and two are younger. I see my siblings every day because we all live together. My older brothers and sisters are fun to play with. We play "play-fighting." In play fighting, I take something from someone and we pretend to fight.

Last week I took one of my older brother's chips and he laughed and acted like he was fighting with me. We also play Fornite together. They always beat me, which makes me mad. I think I'll beat them one day, because I'll get better. I don't fight with them a lot. My younger brothers snatch stuff when I go in their room and play with stuff. When they go in my room I say "get out," and they leave. I like that they listen to me. I don't play with them as much because they like to play together and don't like to play with me.

I think it's sad when kids don't have siblings, because if it's only you in the family and you have no puppy you might get lonely. I feel that it makes me sad because when you don't have a brother or sister and you're lonely then you have nobody to play with. I don't want my parents to have more kids, though, because my mom already has lots of kids and she said that if she had another kid she was going to run out of the house. I love my brothers and sisters but I don't tell them that because they already know, so I don't have to say it.

—**Jaylani Sanchez**, *East Rock Record Opinion*

Every day is better with candy

Jolly Ranchers are my favorite candy. I also like Skittles and Sour Patch Kids but I like Jolly Ranchers the most. I started eating them when I was a baby. I like them because they are sweet, but I don't like all sweet foods. I don't like chocolate. Jolly Ranchers are fruity. Blue raspberry is my favorite flavor. I eat them every day in art class. My teacher gives me them. Her name is Ms. Cassidy. Art is my favorite class. Jolly Ranchers make it better. I think I will always eat Jolly Ranchers every day forever.

—**Jessica Bedoya**, *East Rock Record Opinion*



Writing should include FUN FONTS

How do you like to write? Regular *script*, *cursive* or even *typing*? Different people like to write in different ways. Like my friend, Mara Patterson likes to write in regular script when she is writing an essay. I like to write in cursive when I am being careful writing an essay. I like writing in script when I want to write faster because it is fluid.

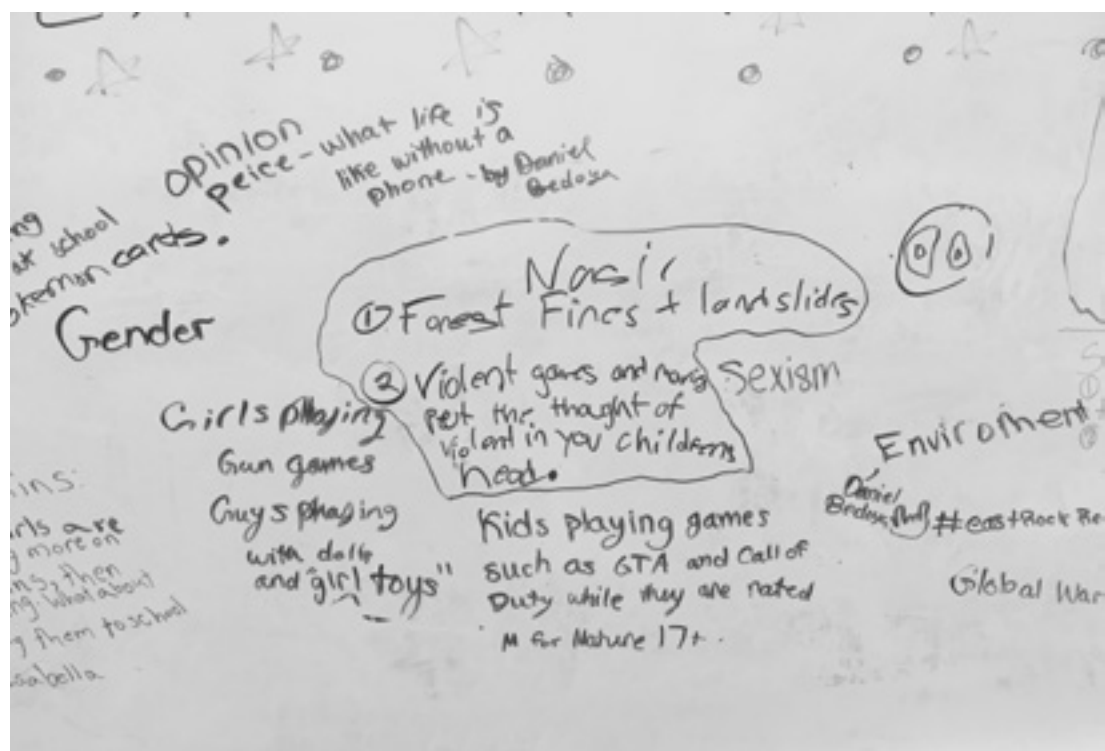
Sometimes, I like to write cursive when I type also because when the font is boring, it is less entertaining to read. In school, teachers tell us to be ourselves and express our ideas. But we can also express ourselves in fonts. Like Pacifico is one of my favorite because it is cursive. My friend Shaniah Kinsey likes Comfortaa because it has a fun look to it.

—**Isabel Faustino**, *East Rock Record Opinion*

Favorite Pet? Cats for sure!

Binx is cute. He is a cat who is named after the cat in the movie "Hocus Pocus" named Thackery Binx. (His birthday is May 5 and he is two years old. He has a sister; her name is Baily. She is a dog. She's a pitbull. He has green eyes and has black all over but has white boots and a white chin, too. They are sisters and brothers because they have the same mother (a human) her name is Amber. I'm just saying: Cats are my favorite.

—**Natalia E. Penna**, *East Rock Record Opinion*



East Rock Record reporters brainstorm story ideas for this issue.

GENDER "RULES"

There are a lot of "rules" that are not real rules, but stereotypes for women that are extremely stupid and wrong. But they exist. This is what I notice.

By Shekinah Jones and Nasir Anderson

GENDER IN SOCIETY:

EXPECTATIONS ABOUT DRESS, PLAY AND ROLES

FOR GIRLS

1. Girls "have to wear dresses"
2. Girls "have to wear pink or purple"
3. Girls "have to dance ballet"
4. Girls "can't play sports"
5. Girls "have to have long hair"
6. Girls "can't run track"
7. Girls "can't play with action figures"
8. Girls "can't fight"
9. Girls "clean"
10. Girls "play with dolls"
11. Girls "cook the food"
12. Girls (blondes) "are ditzzy"
13. Girls "pick flowers and make flower crowns"
14. Girls "have to be 'beautiful' or 'pretty'"

FOR BOYS

1. Boys "lift heavy stuff"
2. Boys should "be a man"
3. Boys and men "can't cry"
4. Boys "should be outside, not in the kitchen"
5. Boys who "like pink or purple are gay"
6. Boys should have "short hair only"

Those committed to New Haven's youth can count on our commitment.

There's nothing more important to New Haven's future than our children. And nothing shapes their future more than learning. Yale New Haven Hospital plays an integral part in that experience.

Each July, Yale New Haven partners with the New Haven Police Athletic League's Camp to provide two days of learning and engagement. Nearly 400 young campers take part in a full day of health and fitness activities and nutrition education. They also get the chance to experience a "day in the life" of a hospital as they participate in mock emergency and surgery experiences with nearly 200 Yale New Haven employees.

This and numerous other programs Yale New Haven Hospital supports are making a real difference in the way children think about themselves, their world and their future. It's another example of our commitment to **caring beyond the bedside**.

ynhh.org/community



New Haven Police Athletic League's campers and general surgeon Dirk C. Johnson, MD, Yale New Haven Hospital.

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The Foster G. McGaw Prize

Yale New Haven Hospital was awarded the 2017 Foster G. McGaw Prize for Excellence in Community Service from the American Hospital Association. The McGaw Prize is awarded annually to a single healthcare organization that provides innovative programs that significantly improve the health and well-being of its community.