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Deputy Assistant Secretary Visits Foshay

By Gabriela M.

After spending some time and being able to interview Susan Crystal, I found out what an amazing and hard working person she is. Ms. Crystal is very knowledgeable and a very good communicator.

Ms. Crystal is a diplomat from Pennsylvania who works as the Deputy Assistant Secretary for Professional and Cultural Exchanges. She represents the United States to different countries.

During the interview, Ms. Crystal said, "It was a long process" getting into the position she's in now. During her university years, Ms. Crystal studied International Relations and she had the

opportunity to do study abroad in France. Afterwards, she went through the application process which included a written exam and an all day personal interview.

Ms. Crystal has held several different positions in government, and she has had the opportunity to live in different countries, representing the American people and government.

Ms. Crystal also said, "while working in Washington as well, you kind of work your way up."

"Sometimes all the work can get overwhelming" Ms. Crystal says. With all the things going on in Social Media, to get past it Ms. Crystal will take some time

to herself, spend time with her family, and do some fun things to take work off of her mind. She has two daughters and she tries to spend as much time with them as she can.

Ms. Crystal said, "It's not just all about work because at the end of the day the work is going to get done."

When asked what sort of advice she would give to someone interested in a position similar to hers, she said "I think to have a curiosity, to look for opportunities," and that is a major part of what she did coming into this career.

Ms. Crystal holds a job that offers lots of opportuni-

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Susan R. Crystal

By Mia S.

On October 30, I interviewed Deputy Assistant Secretary for Professional and Cultural Exchanges, Susan R Crystal.

Ms. Crystal works in Washington D.C. but also goes abroad to different

countries. She is a diplomat and represents our country. Ms. Crystal makes people from other countries like us Americans and our country. She had visited Canada, Australia, Haiti, Mauritius, and South Africa.

Susan R. Crystal speaks French and Spanish. Her favorite place that she visited is Ecuador.

Ms. Crystal graduated from Pennsylvania State University where she studied International Relations.

FOSHAY FLASH REPORTERS



Alexis M.



Amy M.



Aracely R.



Belen M.



Camila P.



Daniel B.



Dulce M.



Jake R.



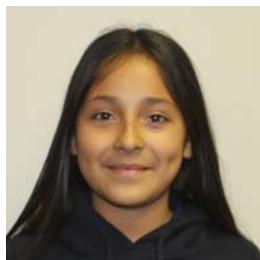
Kristopher M.



Kyle L.



Lexy R.



Lynette A.



Mia S.



Michael R.



Natalia O.



Nathalie S.



Paola G.



Yareta M.



Not pictured: Keyla F., Sophia S.A., Yasurie D.

History of James A. Foshay Learning Center

James A. Foshay Learning Center is a K-12 Los Angeles Unified School District public school in Los Angeles, California. It is located in the Exposition Park District, and it follows the

traditional school calendar.

As part of Los Angeles Unified School District, it falls into the Local District Central of LAUSD.

The School started in 1925. The mascot is the

wolverine.

There are some academies in this School. The Finance Academy started in 1995-1996. It is the oldest academy in the school.

By Nathalie S.



Tornado

When a tornado happens you want to stay alive. Here are 5 ways to protect yourself in a tornado.

First, go to a room at

the lowest part of the house. Second, stay away from windows. Third, go to the middle of the room. Fourth, get under a table like in an

earthquake. Fifth, use your arms to protect your head and neck.

Stay safe and keep on fighting tornados.

By Jake R.



Hamsters

Hamsters are rodents that belong to the subfamily from Eurasia. They were established as small house pets but are also used as laboratory animals.

Hamsters live for about 2 to 3 years. They eat sunflower seeds, corn, vegetables, and food that you can buy in a pet store.

Hamsters are animals that have flexibility. You can tell they are flexible because when they are stuck inside a small hole, they can turn around the small hole and come out.

Hamsters can also come from different

countries. There's so many different type of hamsters like dwarf hamsters, Siberian hamsters, Chinese hamsters, and many more.

Hamsters use wire cages which are made for mice. Hamsters love to exercise and stay healthy. They exercise in a small running wheel. Hamsters can also exercise on a ball. You can put a hamster in a ball and let them run around. Just don't keep the hamster in the ball too long.

Female hamsters give birth after three weeks. Baby hamsters are called

pups. Hamsters can have more than one baby hamster. They can have as many as 20 babies.

Hamsters could bite but only if you have food smell on your hand or if you mess around with them.

Hamsters sleep in the day and stay awake at night.

Hamsters have poor eyesight. They use their hands and feet to walk.

Hamsters are playful pets but sometimes lazy. Hamsters need healthy chews so that they don't bite the wire cage with paint on it.

By Aracely R.



Flash Floods



Flash Floods is water that grows and destroys structures. Heavy rain can cause a flood.

To be safe in a flash flood, go on a tall and stable building.

Don't drive with any vehicle into a flood; that

can destroy your car. Try and find a boat or a water vehicle.

In 2011, flood damage cost 34 billion dollars. Flash Floods can hurt and injure both people and animals, in addition to destroying buildings.

Ice can also cause a flood when it melts and turns into water.

Most flash floods are in Texas, Illinois, Indiana, South Dakota, Idaho, and Minnesota.

By Daniel B.

History of Candy



The first candy was honey and the people who ate honey and honeycombs were cave-men.

Honey was gotten by sticking your hand in a bee hive. Egyptians and Greeks made candy by combining fruits and nuts with honey.

I like honey because it's sweet and I like candy.

The first chocolate bar was made in 1847 by Joseph Fry in England.

My favorite chocolate is Twix, because I like the caramel inside. I recommended Twix to you, because you will like it.

Now I am going to talk about candy canes. They were first made in the 1600's. In the 1920's, the person who made candy

canes in the U.S. was Bob McCormack. Bob McCormack started making candy canes as special Christmas treats. In the 1950's the first candy cane machine was introduced by Gregory Keller.

Another favorite is cotton candy. Cotton candy was invented by two men in 1897

By Dulce M.

Skittles—Made in 1974



Did you know that the color of Skittles has nothing to do with the taste? Every Skittle has different flavors in each color, and people like the colors of Skittles because most people don't like the same tastes and they can eat the colors they like. All the time when I taste

things, other people taste differently.

The founders of Skittles are Frank C. Mars and his wife Ethel who were very smart people for making a good candy. They owned the candy company, Mars Inc.

Skittles were brought to North America in 1979 and in 1982 were pro-

duced in a factory in the U.S.

There are many different types of skittles like Grape, Tropical, Original, WildBerry, Darkside, Riddles, Sour, Sweet Heat, and Fizzl'd Fruit Skittles.

The catch phrase for skittles is "Taste the rainbow."

By Kyle L.

History of YouTube

YouTube was created by Chad Hurley, Steve Chen, and Jawed Karim in 2005 and was activated on Valentine's Day, February 14, 2005.

YouTube became popular because people thought watching videos was entertainment. The first video was made by Jawed Karim and called "Me at the Zoo", which

was uploaded on April 23, 2005.

The total number of people that watch YouTube is in the billions. YouTube was bought by Google in 2006 for 1.65 billion! It had 67 employees including Chad and Jawed.

The first video to get 1 billion views is a music video called "Gangnam

Style".

You can get money for views by having ads play before your video, but you need people to watch the ads. Famous YouTubers have at least a two digit million subscribers like ; VanossGaming, Smoosh, JuegaGerman, Fernanfloo, ElrubiusOMG, Whinderssonnunes, Dude Perfect, and HolaSoyGerman. The YouTubers with most channels views are, T Series with 46,018,509,225 views, WWEFanNation with 25,684,197,782 views, and Netd Muzik with 23,457,755,500 views.

By Lexy R.



Carlos Segovia Lopez

Carlos Segovia Lopez was a good man. He was in the marines. He was nice and liked to help people who were in need. He loved his country and he risked his life for his country.

Carlos was 19 when this tragedy happened. He died 2 years ago, when he was shot on a late Friday night in September 16 in 2016 on 31st street in

south Los Angeles.

Many were devastated after the tragedy, especially those who knew him well but his family especially.

My aunt took me to his room on Thursday, November 1st, 2018. When she took me, it was so sad but he will always be in our hearts forever.

My aunt told me all about his life and she also

showed me lots of pictures. Carlos was in a program called LA on Cloud 9, which helps the homeless and those in need.

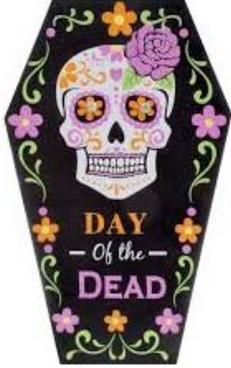
Carlos had 2 sisters, Cynthia and Lily, and his mom's name is Sandra Segovia Lopez.

Carlos is my and my family's hero. I am so proud and honored to be his cousin.

By Mia R.



Dia de los Muertos



We celebrate Dia de los Muertos, Day of the Dead.

In the 16th century it originated. Dia de los Muertos has been going on for more than 300

years. Mexicans celebrate Dia De los muertos to celebrate our tia's, tio's, grandma's, and grandpa's that died in our life and that we loved. We celebrate with food or putting

their pictures up. And we stay there and we will not leave home or to go get candy or chips. It's a tradition that some Mexican families do.

By Yaretzi M.

Dia de los Muertos

Dia de los Muertos is a day where you celebrate people that are no longer around. Some people put up pictures of their family that aren't around anymore.

People have fiestas to celebrate their family. For decorations they put calaveras, which are skulls made out of plastic or candy, they put flower petals also and also mexi-

can candies.

People facepaint a skull on peoples faces and people also wear fancy traditional Mexican clothing.

By Sophia S.A.



History of Jack-O-Lanterns

The history behind Jack o Lanterns is a story about an Irish man name Stingy Jack. He invited the devil to have a drink with him but Jack didn't want to pay for his drink so Jack told the devil if he could turn into a coin. The devil did , and

Jack decided to keep the money in his pocket and put it next to his silver cross in his pocket. It prevented the devil from changing him back to its original form.

Jack freed the devil under the condition that he would not bother him

for one year and that should Jack die so that he will not claim his soul. Then the next year Jack again tricked the devil so he could climb a tree top to pick up fruit while he was up on a tree.

By Lynette A.

Christmas



I like Christmas because I get to spend time with my family. Christmas is important to me because my whole family is happy. In Christmas time, people like to drink warm and

nice food. People also like to decorate Christmas trees. If people have fire pits, they make a fire to keep warm.

At Christmas, we eat cookies with milk. Christ-

mas is the day when Jesus was born.

Some kids also say that Santa goes to houses but other kids don't.

By Belen M.

Halloween

Halloween started around the 2,000 years ago in Ireland. At first Halloween was too gory for kids. But after awhile it started to become less gory. It was an Irish holiday for Christian people. They would carve squash instead of pumpkins. Kids and adults wore scary masks because they

believed that demons and bad souls would eat them so they wore scary masks to look like them.

If they had Halloween parades, they would make kids hold a pumpkin that was made out of metal. It held a candle. Today they are really rare.

Kids would go trick-or-treating at night but that

was still not a thing. It was called guising so they would go to houses and knock on the doors. The kids knew that they had to play a trick on the adults, and if the trick was good enough, they would get treats. This is why people now go to houses saying trick-or-treat.

By Michael R.



Christmas

Christmas is when Jesus was born. Christmas is on December 25.

On Christmas you give gifts to your family or friends, and you get to eat food. Some families sing Christmas carols, and you get to spend time with your family and friends.

There are other ways to say Christmas such as Xmas, Yule, Nativity, and Noel.

People who celebrate

Christmas do things like eat different foods and some people make gingerbread houses, gingerbreadmen, and they could make cookies of reindeer and other things that are related to Christmas.

In some religions, people believe in Santa. Santa is someone who lives in the North Pole and who has elves that make presents for kids.

Santa has a sled and a reindeer that pulls the

sled. And if you are good this year, you get presents, and if you are bad you get coal.

Some people leave cookies and warm milk for Santa. In some parts of the world, it snows around Christmas, and when you are in the snow, you could build a snowman and a snow angel. You could also have a snowball fight with your friends.

By Amy M.



Thanksgiving

The history behind Thanksgiving is very interesting. Thanksgiving is a holiday to be thank-

ful for what you have. In other places they celebrate for similar reasons but in different times.

Some people spend time with their family and eat a lot of food.

By Alexis M.



History of Christmas



In the middle of the 1800s, Christmas wasn't celebrated once a year. This was because people who were Christian did not think that partying and merry-making and presents were the way to observe a Christian holiday.

Eventually, people started thinking that it was okay to give people presents and have parties.

From about 1840,

Christmas started becoming more widespread. December 25 became the official day for Christmas.

Saint Nicholas was born in Turkey and was black. He was very wealthy, and he would walk around from house-to-house, and deliver presents.

A white person created Santa Claus to fool the world that Santa was originally white. Christmas

was originally created by a lot of other popular holidays. It was also created by Christian people who celebrated Christmas around the winter solstice by pagan populations who were later converted into Christianity.

Christmas means mass into Christ. It also means Christ as in Jesus Christ.

That is the origin of Christmas

By Keyla F.



TV Review: High School Musical

High School Musical has three movies in total. My favorite movie is the first High School Musical. I think people should watch High School Musical, because it's entertain-

ing, fun, interesting, funny, and loving.

I like that High School Musical has a lot of music. I feel like High School Musical is for kids, because there is theater, music,

dancing, and singing. I think the director did a very good job on this movie, because I think that everybody likes High School Musical.

By Natalia O.

Interesting Facts about Christmas

The website <http://thefactfile.org/interesting-facts-christmas/> contains some fun information about Christmas.

The image of Santa Claus flying his sleigh was created by the author Washington Irving in 1819.

The Montgomery Ward department store created Rudolph the Rein-

deer as a marketing gimmick to sell their Christmas coloring books.

Clement Moore's poem ("Twas the night before Christmas") introduced eight more reindeer for Santa's sleigh—Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Duner and Blixem. The last two names became

Donner and Blitzen.

Norse children leave hay and treats out for Santa's reindeer, and Dutch children leave food in their wooden shoes for St. Nicholas' horse.

Dutch children also left out food and drink for St. Nicholas. This led to our tradition of leaving milk and cookies for Santa.

Best Things About Foshay Learning Center

If a new student came to Foshay Learning Center, what would you tell the new student are the best things about your school?

COMMUNITY CIRCLE

My favorite things about being at Foshay are the teachers and the kids. Foshay is a school that will treat you well. If something is wrong, all you have to do is tell the teacher or principal.

In my class, we are able to talk with my classmates every morning during our community circle. Every morning there is a new student of the day. The student of the day gets to decide what we are talking about for the day. They can pick a question for us to answer or give us free choice where we can talk about whatever we want. If you don't want to talk for the day, you just say pass.

The rules for community circle are simple. Only one person is talking at a time, you focus on the speaker, you can talk or pass, and whatever is said in circle stays in circle. We have answered questions like what is your favorite food, your favorite superhero, or your favorite dance in Fortnite. We have learned a lot about each other during this time and it is nice to just

talk freely in the morning. Foshay will get you ready to take off to the world. It provides you with a lot of good stuff.

By Alexis M.

DANCE ACADEMY

If a new student came to Foshay, I would tell them about Ms. Abdullah's Dance Academy. Ms. Abdullah's Dance Academy is my favorite place to go dance because she doesn't just teach us one style of dance, she teaches us a variety of dances from different cultures; for example, flamenco, stepping, hip-hop, ballet, and so much more.



Ms. Abdullah teaches us about teamwork, commitment, and the most important thing of all, friendship. In order to dance, we have to build a strong, friendly environment so no one feels left out and everyone can feel welcome to dance with

no emotional problems. Sometimes we even do gymnastics!

This year, Ms. Abdullah ordered and bought (not rented) a gymnastics beam. We've been working on handstands, back-hand-springs and cart-wheels! So come and join the Dance Academy!

By Keyla F.

NEW FRIENDS

My favorite thing about being at Foshay is making new friends. I like making new friends because it helps me be calm and not make feel like I'm alone. Sometimes when you have a hard day your friends help you have an awesome day.

By Camilla P.

CLASS ELECTIONS AND COACH HARRIS

At Foshay, our teachers and campus aides teach us about responsibility. In the classroom, we have classroom jobs. This year, my class had elections for 5th grade class officers and I won for Historian. As the Historian, I help take pictures of our class events and activities.

One thing I really enjoy doing is being a helper or a captain on the yard. A captain is basically helping Coach Harris with the equipment that the students use for recess and lunch play. We take out the hockey sticks, basketballs, and rackets. We put up barricades around the hockey or soccer pit so that the ball won't get out of that area. We set up the caroms table. Sometimes we get a few extra minutes of playtime in the morning after everyone has to line up because we helped.

Coach Harris is the person who watches us during recess and lunch and keeps our yard safe during the day. He creates games for us to play because we have a very small elementary play yard and limited supplies to use sometimes. He gets really creative showing us new games.

Coach Harris even tells us how to resolve a disagreement in a game. If one call says foul or out and someone doesn't like the call, we can shoot for

(Continued on next page)

Best Things About Foshay Learning Center *(continued)*

it. That means the person who makes the shot their view wins. Other way he showed us to solve a problem is using a bat. One person throws the bat to the other person. The other person catches bat with one hand. The next person grabs the bat on top of the first persons hand and they alternate hands climbing up the bat. Who ever can “cap” or over the top of the bat wins their way.

The last thing I want to mention about Coach Harris is that he works with us. He works with our teachers and does PE with us. If you are new to basketball, or if you just want to get better, just ask Coach Harris. He will help you with shooting the ball and the correct way to dribble and hold the ball.

We appreciate Coach in Foshay Elementary Village.

By Michael R.

MUSIC

My favorite thing about Foshay Elementary Village is Music. I love listening to my music teacher’s music. I also like when we make songs. She makes songs and sings them to us. She is a great teacher.

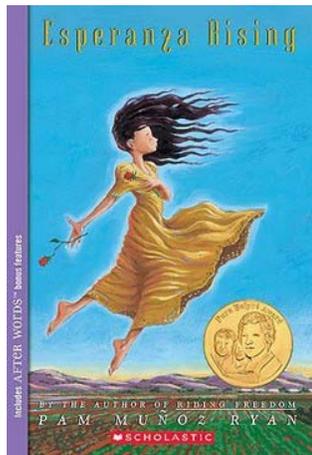
I hope the new student likes it here at Foshay.

By Mia R.

READING

I would introduce myself to the new student by saying, “Hi. My name is Nathalie.”

In my 4th grades class we read lots of books. We have read *The Knight at Dawn* and *Esperanza Rising*. The book that we are reading right now is called the *Lion, The Witch, and the Wardrobe*.



The book *Esperanza Rising* is about a girl named Esperanza and something happens to her father, and she said that is bad luck. On her birthday her dad is not going to be at the birthday party because the day after her birthday, he got killed. In *Esperanza Rising*, Esperanza and her mom go

to California to work in the fields but her grandma won’t be able to come to California.

The *Knight at Dawn* is about a boy named Jack and a girl named Annie. Our programs in the Foshay Elementary Village are Robotics, PressFriends and an afterschool Program named Beyond the Bell.

By Nathalie S.

GOOD BOOKS

My favorite part about being at Foshay Learning Center is reading the good books that my class reads that are not from our Language Arts book.

I am pretty sure other classes read good books but the 5th grade class reads some very interesting books like *Wonder* by RJ Palacio. So starting right now, I am going to take you through the whole book.

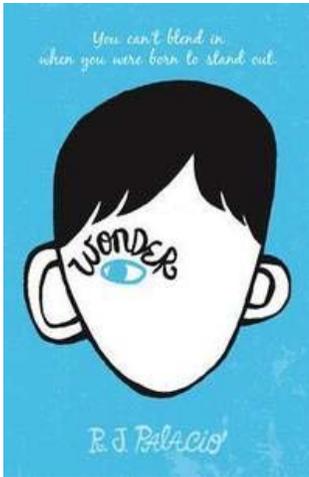
In *Wonder*, there is this kid named August Pullman (Auggie) and he has a facial deformity. He has a sister named Olivia (Via). Auggie has been homeschooled his whole life and is very smart. One day Auggie mom was talking to his dad about sending Auggie to this

very good school called Beecher Prep. The next day Auggie and his mom went to the schools that three kids that went to that school could show him around and give him a tour. The kids that were going to show Auggie around had gone to that school since kindergarten. Their names are Jack, Julian and Charlotte. They took him around and it went fine. Then the first day Auggie was scared but it didn’t go so bad.

I’m going to tell more about the book so if you want to read it and not have any of it given away, this is your SPOILER ALERT! Don’t read any further. Right now I’m going to skip a lot so I don’t spoil most of it.

Jack and Auggie are best friends by now but Jack did something bad and hurt Auggie’s feelings. Jack and Julian are in the hallway and going to a different class and Julian said “you don’t have to be friends with that freak you know.” And this was the best part of the book because guess what, when Julian said that Jack punched Julian right in the mouth and made Julian bleed and knocked out

Best Things About Foshay Learning Center *(continued)*



one of his baby teeth.

Reading books like this is what makes me excited to go to Foshay Learning Center. So there it is. That's why I love Foshay Learning Center.

By Mia S.

READING

In Foshay Village we read and have very good books in every grade.

In 4th grade, we read books that are chapter books. One book we read is *Esperanza Rising* by Pam Munoz Ryan. In *Esperanza Rising* there is a lot of action.

We will read the *Lion*, *The Witch and the Wardrobe*. In that book almost all the chapters have mysterious things that have happened to them.

We read a lot of fiction books, which are my fa-

vorite. In our class we also read magic tree house books. We focus on reading. Every book you can read here at Foshay it can help you with our reading skills. That is why I like Foshay.

By Belen M.

READING "WONDER"

At Foshay, we are expected to read a lot of books. My teacher last year, Ms. Brown, had us read a lot of good books. This year in 5th grade with Ms. Tigolo, we are continuing to read books together as a class.

This year we read a book called *Wonder*, by RJ Palacio. *Wonder* is a book where you read about a person's life but the chapters are really neat because they are in different characters perspectives. There is a ten-year-old boy named Auggie, who is different from other people. His face is different; he has a Padawan braid, and had so many surgeries from the time he was born.

Auggie is home-schooled because of the surgeries but one day the family decides he will start a new school in the 5th grade. He goes to see his

new school in the summer before school starts and three students show him around the school. The student's names are Jack Will, Julian, and Charlotte. On Auggie's first day of school everyone keeps staring at him.

This book has a great message to be kind, caring, and compassionate.

"When given the choice between being right and being kind, choose kind."

By Daniel B.

NAI

We do a lot of things at Foshay. We do fun activities that are different from other schools. The teachers make the schoolwork creative and the students learn more things you didn't know about. I can participate in any lesson, turn in homework on time, and have good behavior. We are a small school but we can make new or more friends, go on field trips as a class trip, have good grades to get into NAI.

One program I want to talk more about is the NAI program. NAI stands for Neighborhood Academic Initiative. Last year they were renamed

the Leslie and William McMorrow Neighborhood Academic Initiative because the McMorrow's supported the program with a donation.

At the end of 5th grade, I can apply for the PreAcademy for the 6th grade. I want to apply because it is a good opportunity for me to learn more. In the 7th grade, we can apply for NAI from 7th to 12th grade.



This is a great program because the students in it do lots of things and learn even more. If we stay in the program, we can get a scholarship to USC. I want to be in this program because my older brother graduated from this program last year.

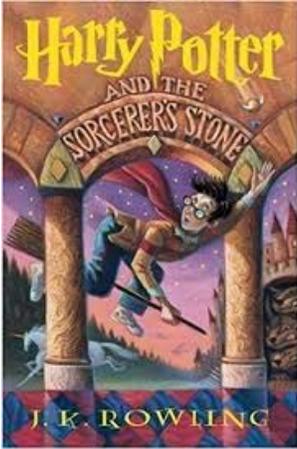
By Aracely R.

RECESS

I like being an elementary child because I get to learn and get to do what I want at recess.

By Yasurie D.

Book Review: Harry Potter



Harry Potter and the Sorcerer's Stone is a good book, and I am going to rate it as the best movie ever. I like it because it has magic.

First off, Harry Potter is the main character. He was dropped off by Rubeus Hagrid to stay with his Aunt Petunia, Uncle Vernon, and his cousin Dudley.

Harry had to share a room with Dudley because the room Dudley

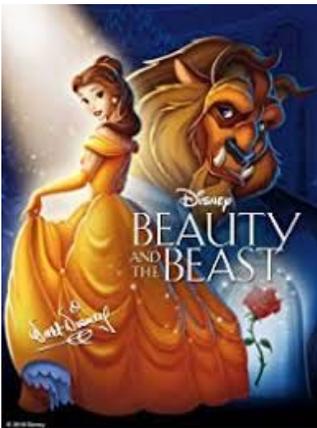
had was littered with all his broken toys because his rage. I don't know why but Harry hates them.

One day Harry woke up and went to go eat but Uncle Vernon told him to go get the mail and when Harry got to the mail he found a letter with the Hogwarts sign and his name on it. He went to give it to Uncle Vernon and tried to go to his room but Dudley his cousin saw him and told

Uncle Vernon. Uncle Vernon had a stank face and was very very funny. The next day was Sunday and Uncle Vernon was happy because no mail comes in on Sunday, but when Harry went down to get some breakfast and they were going to start eating, when all of a sudden, the house started to rumble with lots of the letters for Harry.

By Mia S.

Movie Review: Beauty and the Beast



Beauty and the Beast is a Disney movie that came out in 1991. The movie is about a girl from the countryside in Paris who is living with her father who is an inventor.

In the beginning, the father has to go away for a while to go to an invention fair and leaves his daughter Belle alone.

Something dangerous happens to the father, and he gets locked in the Beast's dungeon.

Belle being an amazing daughter takes her father's place and lives in the castle with the Beast.

I like the movie because it is an interesting movie.

I like the part when Belle was dancing with the Beast. I also like the part when Belle saw the prince's face, but the part that was the saddest part for me is when Belle's dad went to the forest to get Belle a flower at the Beast's house and then went in the Beast's house to ask the beast for the flower. While Belle's dad was in the house, he sees that some of the stuff at the Beast's house were moving.

The dad was caught by the Beast, and the Beast put him in jail in his house and then what happens next is that they were going to burn him but they didn't because Belle went to save her dad.

I recommended this movie, because if you like princesses and you haven't watched the movie, then you should totally watch it because it is a fun movie and I think you would like it too.

The movie is good for both girls and boys.

By Dulce M.

Movie Review: Descendants

Descendants is a Disney movie that is about teenagers who are princesses and princes and about teenagers whose parents were villains.

There are 4 main characters, who are the children of Maleficent, Jafar, and Cruella De Ville. In the beginning, they are wicked but at the end, they learn to feel kindness.

They wanted to feel kind, because they visited a royal place called Au-

radon. Belle and the Beast are the Queen and King of Auradon, and their son Ben wants to give to some of the children.

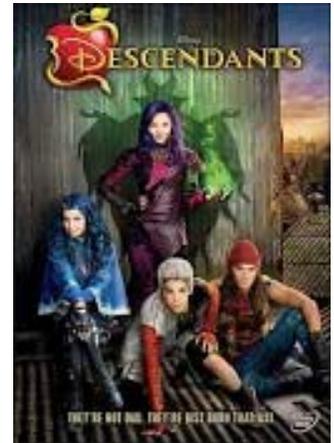
My favorite part of the movie is all of the Descendants movie. I think people will want to watch this movie because the music has a nice sound. Also, the actors have nice voices with nice dancing. I like how the actors take turns singing at a time which makes the song sound cool. When the actors act, the imagina-

tion makes it seem real. Some actors had come from other Disney channel shows.

The actors have to memorize so many songs which takes so much time, because there are so many songs in both Descendants movies, including the dancing practice.

I feel like kids in the age of 6 thru 10 or more would like this movie. That's why I think people will like this movie.

By Aracely R.



Movie: Monster House

In this article, I am reviewing *Monster House*. I give *Monster House* five stars because the movie is so good.

Monster House is not scary but it is scary for little kids in a good way.

I think everyone should watch this movie, because it is just so good. You can find out a lot of parts of your mouth and of your stomach when you get swallowed in the movie.

My favorite part of the movie is when DJ, Chowder and Jenny go inside of Never Cracker's house and

get swallowed and go into the stomach where all the toys are swallowed. The house also swallowed Never Cracker's wife. The wife had cement on her and Chowder cracked it and all of her bones showed.

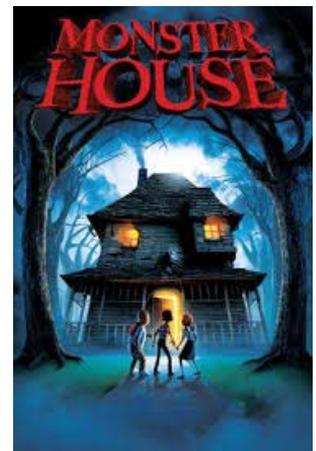
This movie would make you feel like you were in the movie. After the movie, everything is in place, and the *Monster House* blew up so on *Halloween* everyone got their toy and every little kid was happy.

Elizabeth, DJ's babysitter, is cool. I like

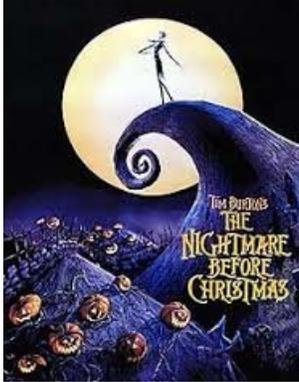
her style when she was mean to Jenny because it was funny. At first I thought that Jenny was going to be mean to DJ and Chowder but she was nice afterwards.

I think everyone should watch this movie. Would you give it five stars if you watched it? Everyone would love this movie if you watch it. *Monster House* is just so good and whoever made this movie is a billionaire. This movie is so good, I recommend that everyone should watch this movie.

By Lynette A.



Movie: Nightmare Before Christmas



The movie, *The Nightmare Before Christmas*, is about a skeleton named Jack. He lives in a Halloween Town.

In the movie, Jack goes to the woods and he finds different doors that lead to different holidays. Jack then finds the Christmas

door. He goes inside it and he finds lights and everything is all about Christmas.

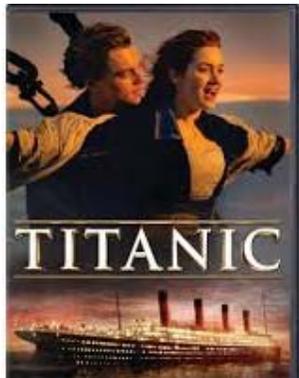
Jack then goes back to Halloween Town where he makes an announcement to all the people in Halloween Town about Christmas land. He tries to

figure out what Christmas means by turning Halloween town into Christmas. He gets Santa and he takes his hat and becomes the new Santa.

This is a nice Halloween movie for all ages.

By Nathalie S.

Movie Review: Titanic



Titanic is a Drama/Disaster Film. It's about this large ship that goes to America from France. During the journey, a huge disaster happens that will change the lives of those who were

on the ship. I liked the movie because there was a lot of action.

I think 10 year olds and up can watch the movie, Titanic. Some people who like action movies might enjoy the mov-

ie. I didn't like the ending because it was a very sad ending. The action in it was realistic because some of it really took place in history.

By Kyle L.

Movie Review: Princess Diaries 2



Princess Diaries 2 is about a princess of Genovia named Mia. Princess Mia had to marry a prince to keep her title, but she flirts with another prince at the ball and then Mia ends up marrying the prince that she flirted with.

When she meets him, she steps on his foot and her grandma gets mad at that. She did step on his foot, but then she said that she flirted with him

at the ball so she is going to marry another guy. She cheats on the other guy with the prince, and she gets caught when they were playing a sport.

She tells the other guy to go with the maids but that's when Mia is with the prince, who helps her with the crossbow. The crossbow has fire on it, and eventually she breaks up with the other guy.

This is a good movie if you like drama and ro-

mance. If you do, this is the movie for you because there is a lot of romance in the beginning and lots of drama and romance in the middle. The prince's dad wants the prince to marry her so that he could rule. The prince's dad is rude, mean, and crude. He told a person that works for him to throw the rats into the yard. Princess Mia got help to ride horses

By Yaretzi M.

Music Review: Ariana Grande

Ariana Grande is a pop singer. She only has 4 albums but she has amazing songs to listen to!

One of my favorite Ariana Grande songs is "No tears left to cry" which is a recent song. I like her music because it's positive motivation and makes me feel like I can do anything and no one can stop me.

You should listen to Ariana Grande because she has a great personality. She also has great sense of fashion like her hair, make-up, and hair-styles and hair colors. She has a different hair color in almost every song, and that always shows what mood she's in. In "No tears left to cry," her hair color was like a blue grey color that made you feel like she was crying after a

break up but her friends helped her forget the boy and showed her that she's a strong independent woman and that she doesn't need a man!

Ariana Grande is also a caring person who would help people follow their dreams and give some of her own money to people who really need it. She stands up for people if they are being treated badly. She motivates other people like me to show the world who you really are and that you're not afraid to do anything.

Ariana Grande posts Instagram photos almost every single day! Ariana Grande is like the queen of pop! It's almost like she invented pop music! She also has made music with the now infamous Nicki Minaj.

Here is what house she is living in. She lives in a type of mansion that's white and only has one or two floors.

If Ariana Grande where in the Harry Potter house, she should be a Ravenclaw or a Hufflepuff because she is smart. She is smart because she creates all of this music and no one tells her to do it, she just does it! She should be in Hufflepuff because she is a kind young woman who helps people in need.

You could listen to her music from the time you're a baby until you're an old grandma. People that like pop music read this, and if you don't like pop music, listen to it before you judge it.

By Camila P.



TV Review: Sailor Moon

Sailor Moon is an anime TV show made in Japan about girls, which is entertaining to me because of the drawings and the personality of Sailor Moon. She is a clumsy girl, who doesn't like studying and has bad grades.

Sailor Moon's name is Usagi and she has a best friend named Molly and a cat named Luna. Sailor Moon fights evil enemies and finds her allies to help. They keep their superpowers a secret for safety. Fun fact, there is a

movie about it on YouTube, and it is a great movie. I really like Sailor Moon because she inspires me to draw and watch more anime. I think people who like animated stuff should watch it.

By Lexy R.



Music: BTS



BTS is a k-pop band. There are seven members in the group. Some members rap and some members sing. In the music videos they sing and dance at the same time. BTS is interesting to me. because I love their songs. I also love their faces and I recommend you to watch them and learn every about them.

BTS is the only thing I watch and listen, which is why I chose to review them. I also chose them because I like their songs and videos even though I

don't understand what they're saying . I don't know if it's just me or if also a lot of people think that their voices are so nice and they are also so cute.

My favorite song is ANPANMAN, but the songs that I'm into right now are *Boy In Luv* and *FIRE*. BTS are Korean singers. I like boy in Luv because of how they look in that music video and because I like their dancing in that music video, and I like how Jin looks . Jin is a singer but can't rap. I also

like all of the persons in the band.

First, there is Jungkook. He is one of the singers of the group and he can also rap.

JIMIN is another member, he is also a singer.

Also there is Suga, RM, J, HOPE, V and Jin, but now I want to convince you to watch them. Their songs are really cool and nice, but also all of the characters are cute.

Also, all of their songs might make you feel better if you are sad.

By Paola G.

Video Game Review: Arthur's Nightmare



Arthur's Nightmare is a scary game where you're stuck in a house. You need to find all the 10 toys called a 'woogle'.

I think you should play this game if you're brave and not easily scared. Also, it let's you move around, so it's not like other games. There is a blue line around a object which you can click and hold to search for a 'woogle'. There are four nights and you have to try to survive all the nights. The first night is about the

'woogles.' The second night is about Arthur, where he is trying to jumpscare you. You have a detector to see Arthur. The third night is Arthur and DW. DW is on a purple portal on the ground and in every room. When she is fully out she will jumpscare you.

The fourth night is when Jane and David are awake. Jane, the mom, can follow you. David, the dad, can do what Arthur does. I think 7th graders can play this game.

Arthur is purple and has sharp teeth and his normal clothes. DW has a circle mouth and has sharp teeth. Jane has red eyes and her normal clothes. David has red eyes and I think a frying pan like he is going to smack you down. There is a ending and you see a real life dude and a first person view looking at his computer.

When you complete the game, in the home screen you get a red star.

By Daniel B.

TV Review: SpongeBob

SpongeBob Square-pants is an old comedy cartoon that still make new episodes till today.

The first episode made was in 1999. It was about SpongeBob getting his first job at the Krusty Krab, home of the Krabby Patty. It's rare for the first episode (called "Help Wanted") to air on TV.

My favorite episode is the first episode "Help wanted". The show is about a sponge, and he is one of the main characters. There is also Squidward, Patrick, and Gary.

This show is so good that adults and YouTubers also watch it.

The reason you should watch it is because it's funny and relaxing to watch.

I watch this show daily; it airs at 4:00 pm and ends at 5:00 pm. That's only four episodes, but at 9:00 pm it airs and then it stops airing at 11:00pm. I'm only able to watch it until 10:00 pm. The voice of SpongeBob, Gary, and the narrator with the Italian accent is Tom Kenny.

Two fun facts about

this show. First, even though Patrick has been friends with Squidward, the mean funny clarinet player, who is SpongeBob's coworker, has been in more episodes than Patrick. Second, SpongeBob is 21 years old, yet he has worked at the Krusty Krab for 23 years strange. I personally think the new episodes are kind of weird. For example, like that one episode with the giant hamster named Cuddly E. Hugs that was just weird.

By Michael R.



TV Review: Thundermans

The *Thundermans* is a TV show about a family of superheroes who have different powers. Phoebe has heat breath, ice breath and telekinesis and is in high school. She is training to be a good superhero. Her twin brother Max has the same powers, but at first wants to be a super villain. Later he also wants to become a superhero.

Nora is in elementary school and she has heat vision. Billy is also in elementary school and has

super speed. Chloe is the youngest, and she has teleportation. The mom Barb has electrokinesis, and the dad Hank is the superhero Thunder Man who is super strong and can fly.

You should watch it because it is funny. Phoebe's best friend is Cherry. In one show, the Thundermans have to move from Hiddensville to Antarctica. The Justice League puts a new superhero family in their house in Hiddensville, the Falconmans.

Their daughter is evil and she turned her parents into gingerbread people and put them in a gingerbread house. She hypnotizes people to make them her friends, then she wanted to turn the whole world into her friend. Phoebe and Max came back to stop her and the Thunderman twins won.

The *Thundermans* started in 2013 and the last episode was in May 2018.

By Amy M.





Video Game Review: Fortnite

Fortnite is a really good video game. A lot of people play it. Fortnite has new updates time to time. Sometimes they add new weapons or change places to land at. It is very cool.

There are about 6 or 7 places you can land. A lot of people like to land at Tilted Towers. The best weapon people like to use is a scar; it does a lot of damage to people.

Fortnite has different skins that people buy. Skins are basically costumes for the person to use in the game. There are also emotes. Emotes are dances you can also buy or earn from doing challenges. Some people do emotes when you win a game.

You can get kills and sometimes when people win a game, they sometimes have 14 kills.

There is now a update where zombies can come after you and you can also kill them.

There is a place called Salty Springs where there are houses. You can play with your friends.

There are also many kinds of modes, duos, squads, solo, and play-ground mode. In play-

ground mode you can play with your friends and go all crazy. You can play on a Xbox or your phone and even a computer.

Sometimes they add new modes. One time there was a cube, and people said it was going to destroy Loot Lake.

Fortnite has added a golf cart that you can ride. There is also something else you can ride but I do not know what it is called but it is cool.

When you first get the game, you have a skin but it is called a default skin. You can also get a free dance called dance moves. There is something called pop rocks that when you use it, you turn into a ghost where you can just sneak up on people. My favorite skin is the Ginger Gunners.

There are famous YouTubers that play Fortnite and they are really good. Some people take Fortnite way too seriously and when you take them pit. they get mad and scream.

You can buy a mic so people can hear you better or you can just buy a gaming headset.

There are a lot of people that go crazy for Fort-

nite. I play on mobile which is my phone. Some people say that people who play on mobile are trash.

I like to play Fortnite because sometimes I get bored and just play it. Gaming headsets are a lot of money and can cost more than one hundred dollars. Tilted Towers has a lot of buildings that are big. They have a clock tower. There is a place called Leaky Lake that used to look like a lake with a small mountain and a house. The cube melted into the lake and turned purple. The house got up and started to move around. Zombies come out of this thing that look cool.

There is a weapon called a pump and a heavy, and a scope. Most people use scars. Sometimes I land in Dusty Divot.

You can also buy gliders or earn them. To buy stuff first you buy v-Bucks some are 10 dollars, 25 dollars, or 100 dollars. There is also a battle pass that gives you stuff but you have to buy it.

I love Fortnite. I play it a lot everyday.

By Alexis M.

NOTE to parents: Fortnite is a game with guns and weapons but in a cartoon-like fashion. It is the most popular online video game and is free, so we've included the three reviews. However, please review the game yourself and determine for yourself whether it is appropriate for your child.

Video Game Review: Fortnite

Fortnite is a Battle Royal game. In the game *Fortnite*, the goal is to get a chest in each type of house. You only have five slots. And also a pick axe. There also are llamas and you can get loot. And there are dances in the game.

Fortnite is a popular game that everybody plays. I play the game on PlayStation Four.

The game is about trying to win by building and surviving. The age limit is from 7 and over. The game also has vbucks and with vbucks you can get dances and skins.

Fortnite started in season 1 and now is on season 6. My brothers love it. In Fortnite, there are vehicles and different colors or guns. In the game you can buy pick axes so I like

it because you can get different types of weapons and trade yours for upgraded ones like grey, green, blue, purple, and the best color is gold.

My friends from my class play on Xbox One. For Christmas, I'm going to get my own PlayStation Four so I can play Fortnite.

By Kristopher M.



Video Game Review: Fortnite

Fortnite is a survival game of smarts, wits and challenges. It's a multiplayer game so you can ask your friends to play you. There are different modes to choose from: solo, duel, squads, playground and disco domination. You can also choose different skins. My favourite skin is the galaxy

skin—you look like space! You don't have to be good to play Fortnite. There are emotes and dances. It's funny to try them in real life! My favourite dance is floss, orange justice, hipe, slow clap and wiggle.

I like Fortnite Battle Royale, because it's just the best game ever made

by Epic Games in the world! I know that most of my friends don't like it, but I love it! It's a fun game. I would recommend it to kids because it's just amazing! If you like battle games I would recommend you to play Fortnite but check with your parents first.

By Jake R.



Video Game Review: The Game Granny

There is this adventure game called Granny. This game is really fun. The game Granny is a little hard because you have to look for a lot of things in order to get out of the house. Some people might find it is

easy. I like it because it is a adventure game. It is also very tricky because the main character called Granny can get to you fast. I think the game Granny is fun sometimes because it can be really difficult or hard to finish.

Sometimes you just give up from losing a lot. I think this game is good for all ages but if you do not like scary stuff then you will not it, although it is recommended for ages 8 and up.

By Belen M.



Lunch Recommendations for Foshay Learning Center

If you could add a lunch item to Foshay's lunch menu, what item would you add to the menu?

HABIT BURGER

At Foshay, if I was in charge of the lunch menu, I would add the Habit's fries and hamburgers. I love the Habit's fries and burgers. The Habit fries taste so good. Every time you get a kid's hamburger, you get a gummy that is shaped like a mini-hamburger.

The Habit has different options like milkshakes or a soft drink. I think that Foshay should add Powerade and water to the menu and the Powerade and water should be cold and fresh. To me, Powerade is good, and I do not know if other kids like Powerade like I do. If people do not like Powerade they can get other kinds of drinks or they can just get water. We should not have milkshakes served at lunch, because they will go bad.

The Habit has different kinds of hamburgers there. There is a hamburger that instead of the bread is in lettuce. If kids do not like burgers there is other stuff like grilled

cheese. I do not like the grilled cheese but I know other people do. They also have salads and to me, salads are very good.

I think the kids at Foshay would like having food from the Habit for lunch. The fries just have the best flavor ever. Every kid will like the gummy hamburger because they are candy. At Foshay there are hamburgers but they are not as good as the ones at the Habit. The Habit burgers are better.

They also have fries at Foshay but they are nothing like the ones at The Habit.

So this is what I think Foshay should add to their lunch menu. I think everyone would very much enjoy eating the Habit burgers and fries.

By Alexis M.

TACOS DE LENGUA

If I could recommend a new item for Foshay's lunch menu, I would recommend that the cafeteria serve my mom's tacos, because they are the best. They are so juicy.

And they have good flavor. I think the kids at the school should try it.

My mom does not make Tacos de Lengua very often because they are very expensive, so it is special when she does. I want to eat my mom's tacos at school, because they are so good. And if we did get my mom's tacos, they could give us an option on how many tacos we want.



Foshay should also try my mom's Tacos de Asada because they can be made dry or wet. The students at Foshay would love them.

On the Tacos de Lengua, you could put cilantro and some sauce on it and for Tacos de Asada you could put cilantro and lemon.

Students at Foshay would love eating my mom's tacos for lunch.

By Amy M.

QUESADILLAS

If I could add an item to Foshay's lunch menu, Foshay should serve my mom's quesadillas. My mom's quesadillas are the best. They taste so yummy. The quesadillas are fully cooked. They are so warm and good.

My mom gets a tortilla and then she gets some white cheese and melts it. Then she puts the melted cheese on the tortilla and folds the tortilla with the cheese.

My mom then cooks it in the stove to make the quesadillas have more flavor. She adds in oil to make it a little crisp and juicy and the more juicy it is, the better it tastes, because it has so much flavor. Every time you take a bite, juice comes out and it is so yummy!

Also, quesadillas are not hard to bite because they are so soft. Then my mom serves it on a clean plate.

Foshay students would like the cheese because it is so good and so satisfying to see the

Lunch Recommendations *(continued)*

strings stretch from the cheese. Also the tortilla is so good when you cook it because it gives it more flavor. Students will not throw away their food if Foshay serves my mom's quesadillas. I think Foshay students will really like them.

By Aracely Robles

FRUIT SALAD

If I could add an item to Foshay's lunch menu, I would add fruit salad, because I think it is good. Fruit Salad is one of my favorite foods. I like fruit salad for its taste and how it can help feed my body with good stuff.



Fruit salad gives me energy, because it is just fruit and doesn't need sugar added. Fruit salads are good for the people, but they taste good, so students at Foshay will enjoy them.

By Belen M.

PASTELITOS

I think Foshay should add

my mom's pastelitos to the lunch menu, because they are sooo good. They are like a little salad in a tiny, crunchy shell that has the vegetables like peas, corn, carrots, and boiled egg whites.

To make pastelitos, you need flour, eggs, water, carrots, peas, and LOVE!

First, you need to turn on your stove and get your flour ready with a big bowl and some water ready.

Second, you need to get water and put it in the flour and mix it all together with your hands and then mix it until you get that fluffy, soft dough.

Third, get your vegetables ready! This is where you need a parent's help and let them deal with the cutting - which is a warning so you don't hurt yourself! You also need a knife and cut the vegetables into tiny pieces that could fit in the soft doughy flour.

Fourth, mold the soft, doughy flour into a small oval that could fit your vegetables in it, and then add the vegetables in the oval and boil it into the stove. Wait a few minutes for it to boil and then take it out and then eat! If you bite into it right away, it could be a little too hot so

beware! Then, once you get used to the heat, just bite into it again and you'll fall in love with the pastelitos! (Spoiler alert it looks too good to eat but EAT IT!)

So that's how you can make pastelitos and then eat as much as you want! I usually eat six). It would be great if it can be added to the Foshay menu, because it would make students happy and it would satisfy the students' taste buds way better!

By Camila P.

FRENCH FRIES

If I could make a recommendation for Foshay's lunch menu, Foshay should have my mom's fries because they taste really good, especially when they are warm.

These aren't normal fries. They are shaped like a triangle, but they are wide and do not have pointy sides. The fries look like they are burnt, but they are not. They have a brown side. I think when people see the fries, they will be surprised and happy. I think people will enjoy them more with ketchup.

By Daniel B.

QUESADILLAS

If Foshay was going to add a new item to the lunch menus, I think Foshay should add my mom's quesadillas because the cheese and the tortilla taste good together and because everyone will like them.

I like the cheese because it's melted and warm. The tortilla is also warm and it's small but it is very good together. If the school decided to serve them at lunch, I would still like to eat them after school.

I like my mom's quesadillas because they are very good. I also think that everyone is going to like the quesadillas, and they are really easy to make. You just need cheese and tortillas. When you eat it you can taste the melted cheese in your mouth.

By Dulce M.

TACOS

If one day the lunch ladies asked you if you wanted to change the lunch menu, what would you choose to add to the menu?

My favorite food is tacos. I think Foshay should serve tacos be-

(Continued on next page)

Lunch Recommendations *(continued)*

cause they taste amazing. The juice from the meat is so good, especially with lettuce.

I would choose tacos because it's just a really good food. I would also choose carne asada because it's also really good food, especially with rice.

By Jake R.

COTTON CANDY

I think Foshay should have cotton candy because cotton candy is very good and it would be very fun if it was for breakfast and lunch.

Also, I think that Foshay should have churros, popcorn, and KFC because I would be full for the whole school day. I think other people would be happy because most kids like sweet things.

By Kyle L.

JACK IN THE BOX

I think Foshay should have Jack-in-the-Box chicken tacos because they are



very good to eat and if you are a true Jack-in-the-Box fan, you should know this.

Also I think Foshay should also have Panda Express noodles because they are healthy and a good benefit for the Foshay students. I think that students would love Jack-in-the-Box and Panda Express noodles because they are also healthy and I know that the principal wants the best lunch for her students.

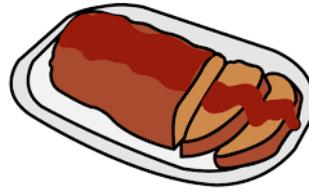
I think that Foshay should have Panda Express noodles and Jack-in-the-Box chicken tacos. These changes would make students love Foshay's lunch.

By Jmar R.

MEATLOAF

I think that the Foshay cafeteria should have better food at school because then, if the kids start eating more food at school, the cafeteria is not going to go out of business.

For example, the school should start serving my dad's delicious meatloaf. The meatloaf that he makes is the best thing in the world! You would think that meatloaf



is disgusting but let me break it down for you. Meatloaf is basically a chunk of meat in the shape of a loaf. Then you put it in the oven.

Once you take it out of the oven, you have this nice, moist and soft meatloaf and then you have three options. You can season your meatloaf after you take it out of the oven or you can season your meatloaf before you put it in the oven. Once you taste it, it feels like you're in heaven. It tastes so good you have this deliciously moist and kind-of-healthy meatloaf.

They should also have some fries on the side of it and also some healthy snacks like carrots, celery and etc.

If you do not want to do all of the steps, you can buy a frozen meatloaf for maybe 15 dollars if not on sale. And one little tip. If you want the best tasting meatloaf ever, add ketchup because it tastes so good and delicious.

This is why Foshay should have meatloaf or better foods in general. Enjoy!

By Keyla F.

CHICKEN TACOS

I think Foshay should add chicken tacos to the cafeteria menu because they are tasty. Also you can add whatever topping you want and make it better; sometimes you can't even stop eating them!

If you never tried a chicken taco before, you should try one! It is a really good treat and nobody can live without them because they taste so good that they make people happy. Congratulations to the people who have tried them, because they are one of my favorite foods. I hope earth never runs out of tacos.

To make the tacos, buy a tortilla and then, make chicken to add on top of them. Then add whatever topping you want like sour cream, guacamole, and cheese! And that is how to make a perfect chicken taco!

Also someday they can make beef tacos because they are like chicken tacos. I think that beef tacos are personally tasty and I

Lunch Recommendations *(continued)*

really like them. To make the tacos, first put a tortilla, then add beef, lastly add guacamole sauce and then you're done!

By Lexy R.

POSOLE

I think Foshay should have my grandma's posole because it has a lot of flavor and the corn maize is soft. The meat from the soup is very chewy and has lots of flavor.

When you take a sip of the soup, you can taste the juicy goodness. When you dip a tortilla into the soup and eat it, it is also good. When you get a spoon full of soup and maize, then the maize has more flavor. Sometimes you can get a tostada and dip it in and that makes it crunchy. Sometimes you can put lemon with tapatio sauce, and that gives it more flavor. When you get a tostada you can make it into a sandwich by putting maize, meat and bits of pieces of tortilla on top, and that's how you make a posole sandwich.

By Lynette A.

SUSHI

Sushi is my favorite food because it has a nice flavor.

I like going to Kabukki for their Asian cuisine. My favorite thing to eat at Kabuki is miso soup, the vegetable roll, rice, and tempura. The rolls are made with rice, avocado and carrots. The miso soup has tofu, soybean paste and seaweed. The rice is just white rice and is probably store bought.

The tempura is made from vegetables like steamed carrots, string beans, broccoli, and squash. I think the flavors go really good together.

These are reasons why Foshay should serve sushi even though some kids probably won't like it. Some of the teachers like Ms. Tigolo will love it. Also they should have a real Kabuki truck should come one day because the food truck will probably be better and a more healthier than the food at Foshay.

By Mia S.

SPAGHETTI

Foshay should add my mom's spaghetti to the lunch menu because it taste so good. She uses a special tomato sauce that is made with meat it's called Ragout. It's not spaghetti and meatballs I personally think that it should



be a thing like one giant meatball in your spaghetti that is too much. There should be small little chunks like the way my mom makes it. Well she makes the meat homemade but she gets the raw meat then turns it into a ball then she cooks it then after she cuts it into bits some small some big. Then she cooks it then mixes the spaghetti and meat in one big then she puts the sauce I said earlier it's that Ragout. After she is finished we all serve ourselves then you can put parmesan cheese and crushed pepper. That is why Foshay should add my mom's pasta (without MEATBALLS).

By Michael R.

CHICKEN SOUP

Foshay should have chicken soup, because most people like chicken soup. The best chicken soup has chicken, rice, pasta, vegetables, and broth. Chicken soup is healthy for the kids, and

a lot of kids like it, so it would be a good addition to Foshay's lunch menu.

By Natalia O.

BREAKFAST SANDWICHES

I think Foshay should put my mom's breakfast sandwiches on their menu because they are so good and tasty. They have ham, egg, cheese, mayonnaise, and mustard. If the whole school would try it they will love it! A lot of people have tried regular sandwiches, but not my mom's. I like the flavor of the egg because she makes them scrambled. First, she gets the bread then she puts mayonnaise, and mustard. Then, she makes the eggs.

By Nathalie S.

MY AUNT'S MOLE

I think Foshay should have my Auntie's mole because...

My favorite type of food is my auntie's mole. And I think the school lunch should have my Auntie's mole because for me the chicken is not so dry and it's nice, juicy, and also the rice is so good for me and especially when she makes the red rice. The

(Continued on next page)

Lunch Recommendations *(continued)*



white rice is also good but I prefer the red rice more than the white rice because for me the red rice has more flavor than the white rice. Also the white rice from her she thinks she's better at making the red rice than the white rice. Last time I asked her, "why do you think your better at making the red rice than the white rice?"

She said because the red rice everyone says "It's so good," but when I make the white rice, most people prefer to not get rice.

I asked her, "how do you make it?" She said, "well first. You have to

get some chili's and she said yeah but they're not too hot and I said "ok" and then she said well next I put it in the fridge and after I take it out and let it unfreeze then she said she cooks the rice then the chicken she cooks it and after she puts it in a pot and after she serves the rice the chicken and then the mole on the chicken or rice, that's what she told me.

By Paola G.

MEATBALLS

I think Foshay should serve the meatballs that my older sister makes. They are really good and sometimes she puts onions inside them. She also puts sauce in the meatballs.

To make the meatballs, rounds the meat, and she puts in tomato sauce, salt, and cilantro.

Then she boils hot water and puts in the spaghetti. She also makes bread sticks.

By Sophia S.A.

TACOS

I think Foshay should have tacos because they have a lot of juice with lemon, and the lettuce is a protein that keeps you very strong.

I think that Foshay should also serve chicken soup because it has protein in the soup. It tastes good with lemon, cookies in the morning because it would wake us up more rather than feeling tired and more ready for school.



Pasta is tasty with tomato sauce. It is a little plain with nothing on the pasta.

Foshay should serve donuts once a month for it could help us feel energy. Also, we should have KFC for one week or a month because it tastes great because we would have it once a week or a month.

By Yaretzi M.

CHICKEN ALFREDO

I think Foshay should serve Chicken Alfredo pasta at lunch. Chicken Alfredo has a cheese sauce and most people like cheese and chicken.

Chicken Alfredo also has different kinds of spices that make it taste good.

I think pasta is good for a fancy dinner as well as for lunch.

By Yasurie D.

Susan R. Crystal

Continued from page 1

ties to children and gives them programs to learn more about different cultures and backgrounds.

Ms. Crystal said, "an important word of advice

is always to listen". That was great and important advice given by Ms. Crystal.

Ms. Crystal enjoys her job because she feels as if

she can give back. In her life she found that people were always helping her and she feels that she can help by giving new opportunities to people and by

mentoring others.

Ms. Crystal also benefits from all of these experiences, because it allows her to learn about new things.

Visit From Deputy Assistant Secretary Susan Crystal

On October 30, I interviewed Deputy Assistant Secretary for Professional and Cultural Exchanges, Susan R Crystal. Ms. Crystal works in Washington D.C. but also goes abroad to different countries. She is a diplomat and represents our country. Sometimes other countries don't have a great view of the United States so Ms. Crystal works with other countries and other cultures work with us Americans.

Ms. Crystal has traveled to many places some places she has visited are Canada, Australia, Haiti, Mauritius, and South Africa.

Susan .R. Crystal speaks French and Spanish. She graduated from Pennsylvania State University. Ms. Crystal makes sure that the United States is safe so she goes abroad to other countries and holds meetings to talk about being united.

At our school, we are an International Baccalaureate School. This means that we learn about problems in the world and learn how to be a global citizen. Ms. Crystal is exactly that in what she does. I think it was great



to learn that Ms. Crystal's daughters attended IB Schools as well.

One thing that I thought about after I interviewed her, was that Ms. Crystal needs to be balanced. One of the attributes in the IB Learner Profile is being balanced. Balanced learners understand the importance of intellectual, physical, and emotional balance to achieve personal well-being for themselves and others." Her job with the State Department balances relationships between countries and the United States.

While working abroad, her family gets to go with her. Her daughter was a student in an IB school, one of

her daughters was born abroad. While at work, she finds time to hang out with her family.

It is very important to have a balanced life for a person like Ms. Crystal because she can suffer from depression from too much work and no interaction with family and friends.

Another reason why having a balanced lifestyle is good because she can grow as a person. She said that it is great to

work with other cultures because you get to learn so much about them through their traditions, stories, and music.

I asked Ms. Crystal where her favorite place to visit was and she said Ecuador because she learned Spanish and she also had her second daughter there.

Ms. Crystal's traveling experiences helped her live a balanced lifestyle because she learned different languages and had her family beside her to encourage her along the way.

Life can never be all work and no fun. Aside from her playing such an important role here in the United States she also does things with her family to lead a normal life like all of us.

By Mia S.



FOSHAY FLASH PHOTO ALBUM



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