



Brentwood, NY 11717

Brentwood High School ENL Bilingual Newsletter ENL Bilingual Newsletter

Page 1

Winter Edition 2018

Advisors: Aida Genovese & Valerie Anderson-Byrne



EDITORIAL

Work or Study in High School?

Gerson Barahona

Many young Latino immigrants come to the United States full of dreams. They want to work, study and enjoy life here. Unfortunately, those dreams collapse when they discover what real life is like in a foreign country. Their challenges are great: money, family support, education, health and debt.

According to the last census, almost six million adolescents in the United States study in high school and work simultaneously. Whichever way young Latino immigrants arrive in the United States, they face many challenges here. One of these is definitely having to study, work or both. A large number of teenagers also arrive with debts from relatives that they must pay back for their journey here. Some also live in the

homes of relatives or acquaintances and must pay for their housing and food. Most of them have to pay for their clothes and other needs and send money to help the relatives they left in their home countries. Consequently, many newly arrived students in our school have to work long hours at night and attend classes in the morning. They have little time to review their notes and fulfill all the responsibilities they assume. This is the price they have to pay to survive in this country.

There are young people that study despite having to work. Some are good students, who are learning English, striving to graduate from high school. They overcome any obstacle presented to them and succeed in a timely manner. To these students, graduation, despite all of the obstacles, is a dream come true. Others unfortunately fail and get in trouble.

Participants:

- Gerson Barahona
- Jimmy Peralta
- Johana Palacios
- Linda Bayas
- Mariah Regalado
- Melanie Ramirez
- Victor Ortez
- Xiomara Padilla

CONTENTS

Editorial	1-2
Literature:	3-4
Inspirational Quotes:	5-6
Music:	7-8
Fashion:	9-10
Cooking— Recipes:	11-12
Sports—Cricket: C.O.P.A Tournament:	13-14 17-18
Did you know?	19-20

LITERATURE:

Knowing Francisco Jimenez

by Linda Bayas

There are misinformed people who stereotype immigrants, especially newcomers. They say immigrants sell drugs, are gang members and are burdens for this country. The truth is very different. There are people who demonstrate a great work effort, good morals, and make many sacrifices to overcome this stereotype every day. An example is Francisco Jiménez.

Francisco Jiménez was born in San Pedro, Mexico, in 1943. He arrived in the United States with his family in 1947. His childhood entailed working hard in the fields, trying desperately to understand his teachers in school, feelings of loneliness



and scarce materials. But despite his struggles, this is what has made Francisco the successful man he now is. He has written several books. Among them are "The Circuit", "Border Trails", "Beyond me", "The Butterfly" and "Cardboard Boxes".

Through his storytelling, these books illustrate his childhood life as an immigrant and the struggles he has endured. He has won multiple awards in academics, and he holds many administrative positions. He obtained a doctorate from Columbia University, and works as a Spanish language and literature professor.

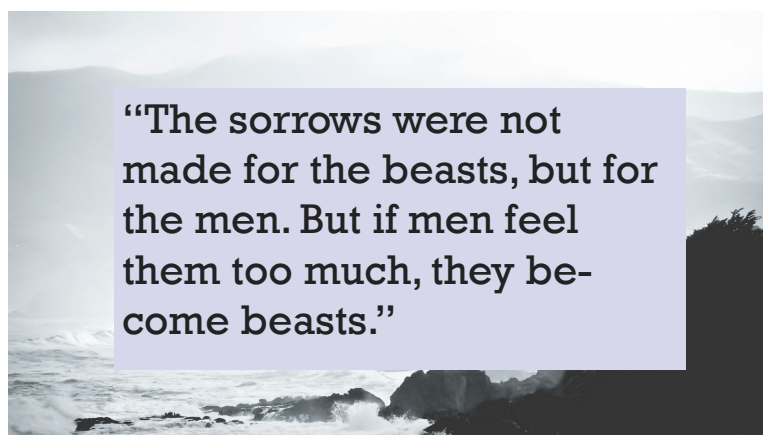


"In this very unstable life that we are living, the only thing that gave me a sense of stability was education. That knowledge would go with me no matter how many times we would move."

Francisco Jiménez

INSPIRATIONAL QUOTES by Miguel Cervantes Saavedra

“There may be love without jealousy, but not without fear.”



“Change the world,
my friend Sancho,
is not craziness
nor utopia,
but it is justice.”



Reading the classic novels helps us understand the word we live in. It gives us life lessons that will make us better human beings. Miguel de Cervantes Saavedra is the author of the masterpiece *Don Quijote de la Mancha* and many others. His works give us lessons about morality, life, friendship and the pursuit of our dreams among others. **READ Them!**

Music by Jimmy Peralta Gamez

Music plays a big role in our daily life. One of the reasons why people listen to music is to relax their minds and bodies. We listen to it everywhere we are, such as when we are driving, walking and exercising. We feel energized while we are listening to it. Also we can see teenagers walking on the streets and within the school with their headphones on listening their favorite songs. Most of them even move and dance with the rhythm of the music they are listening. The enjoyment of music influences people's behavior. It has many advantages, and disadvantages.

Advantages of Listening to Music:

1. **Music makes you happier:** A study by a neuroscientist at the McGill University show that while you listen to your favorite tune for about 15 minutes, your brain releases dopamine, a neurotransmitter in charge of your emotions. Thereafter you start feeling happy and energized.
2. **Music Lowers stress and improves your health:** Listening to music that you enjoy reduces your stress level in your body. This is an important finding since stress causes 60% of all our illnesses and diseases. Studies have shown that music strengthens the heart and improves the recovery time of patients who are suffering from heart disease.
3. **Music helps you sleep better:** A study has proven that students who listened to relaxing classical music for 45 minutes before turning in to bed slept significantly better than students who listened to an audiobook or did nothing different from their normal routine.

Disadvantages of Listening Music:

1. **Possibility of hearing loss:** Listening to loud music for a long period of time can increase the risk of hearing loss. People, especially teenagers, who

listen to music through earphones for a long period of time in a loud environment can eventually be afflicted with a permanent hearing loss.

2. **Can have a bad influence:** Listening to music can influence how people behave, especially young ones. There are a lot of singers that through their songs transmit a bad reputation of women, and then the young that listen to it start treating girls degradingly.
3. **Can lead people to depression:** Although music helps reduce depression in many people, it can also lead some into a deep depression. A study by the University of Pittsburg has found that teens who listen to music more often have higher levels of depression. The problem isn't about listening to music. In general, the problem is what *type* of music you listen to, and under what circumstances. Teens that have been through a breakup and start to listen to sentimental music can start feeling sadder, and even such music can let them to suicide.

In conclusion, music is the best art form that exists on this earth. With it we can communicate with people from different countries and culture. Besides helping us to communicate, it also has other important advantages. However it can also have disadvantages: the risk of hearing loss and a bad influence. Even though we listen to it we feel better.



Fashion, Sometimes It Matters

by Victor Ortiz

It seems that nowadays dressing well has gone out of fashion. In many places you see young men and women with pants under their hips showing their underwear. The bottoms of their pants drag and sweep the floor. Also, it is very fashionable to wear pants and blouses with holes and ripped fabric. Different parts of the skin are exposed on one's legs and arms, and this is not appropriate.

There are benefits to dressing well. A person who is neatly and elegantly dressed makes a good impression. A well-dressed person is typically regarded as more trustworthy and professional. There is a popular saying that says: "The way you dress is the way you will be treated."

On many occasions, it is necessary to dress appropriately, especially when going to a job interview or an important appointment; but a person should consider the daily impression he or she makes every day.

The truth is that a good presentation is a symbol of decency and good taste. That is why uniforms are so popular in some schools and professions. If you want them to judge you in a positive manner, then you should dress positively with appropriate clothing.



The Ecuadorian Ceviche

Mariah Regalado and Johana Palacios

The Ingredients:

2 pounds of shrimp already cooked, peeled and without veins or
1 pound of Mahi Mahi fish
2 small colored onions, cut into super thin slices
4 tomatoes, cut into thin slices or chopped into cubes
1 green or red pepper - diced (optional)
The juice of about 15 lemons and two oranges.
1 bunch of cilantro or parsley
Salt to taste

The Preparation:

Rub the onion slices with a tablespoon of salt, then rinse well with cold water. Mix shrimp or fish, juice of lemons and salt in a saucepan (leave for 1 hour soaked in refrigeration). Add chopped cilantro or parsley. Incorporate everything in a tray with fish, tomato, pepper and chili pepper (optional). It can be served in small bowls accompanied by toasted corn.



Ceviche is a delicious dish to share with friends in the summer. It is advised that you prepare it with fresh ingredients. You can use different seafood such as shrimp, octopus, clams and squid or any kind of fish. This dish is of Peruvian origin, but it is popular in many Latin American countries. You can serve ceviche with popcorn, fried corn, green or yellow plantains, lettuce and yucca, among others. Enjoy!



Cricket, a little-known sport

by Melanie Ramirez

There is a sport that is not very popular here in the United States. It is called Cricket. Cricket is a sport played on an oval grass field with two teams of eleven players, a flat bat and a ball a little smaller than a baseball. Although little known in America, this sport is considered the national sport of England and is immensely popular in countries such as Australia and India.

This sport is very similar to baseball. One player throws the ball and another player from an opposing team hits it and tries to get “runs” while the other team has to prevent it. The cricket bat is flat, shaped like a palette. The cricket ball is solid and similar in size to a tennis ball.



There is a theory that the history of cricket began with children from the communities located between Kent and Sussex, England in medieval times. Today, it is an extremely popular game in the countries that have adopted it, but it is not so popular in the rest of the world.



The History of the Brentwood C.O.P.A. Club

by Xiomara Padilla and Linda Bayas

Brentwood C.O.P.A. Club represents community, professionalism and achievements. It also teaches us that hard work surpasses talent when talent does not work hard.




The C.O.P.A. Brentwood Club, was formed by Mr. Martinez. It all started when some of his students told him that they missed a lot playing soccer. Because of that he decided to form a Soccer Cup Club. That's when the COPA started in 2012, with only three men's teams. Then over time female teams were created. To this day both groups of adolescents: girls and boys have continued to participate in C.O.P.A. Other advisers are: Mrs. Ramírez, Mrs. Ricciardi, Mr. Brugger and Mr. Archaga.

They have been motivating the students to participate in C.O.P.A. The students need to have good attendance, attend all their classes, have good behavior and they must maintain a 75 grade average in all classes. They hope to motivate many students to participate in C.O.P.A.

Brentwood C.O.P.A. Club holds two tournaments each year, which take place in the Fall and Spring. The two tournaments are held at Brentwood State Park. These tournaments are held with the intention that students who participate and those who do not will have fun and have a good experience doing what they love so much. C.O.P.A. also holds a ceremony after each tournament in which all participants will participate and receive awards in different categories. Some of the categories include the best goal scorer and the best goalkeeper. Winning and non-winning teams receive recognition. They hope to see you there this Spring!

2017-2018

BOOSTER
I support COPA and the Brentwood students who demonstrate....



- ... respect for themselves, family, peers and people in authority.
- ... good attendance to school and all their classes.
- ... good study habits and maintain an average grade of 75% in all classes.
- ... consistently promote and encourage good behavior to others around them.

C.O.P.A.
Brentwood Students Learning the Importance of
COMMUNITY • OBLIGATION • PROFESSIONALISM • ACHIEVEMENT

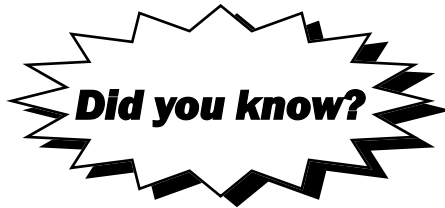


Insert COPA Pictures





Brentwood High School ENL Bilingual Newsletter



Did you know that intelligence is inherited genetically from your mother?

Approximately 80% of a child's intelligence is acquired from the mother.

Did you know it is impolite to wear a hat indoors?



Did you know you are contagious with the flu a day before you know you have it?

Did you know the best way to protect yourself from the flu is to get a flu vaccination and wash your hands often?

Did you know your dog can get the flu?

Did you know that after Jan 7th, we gain 2 minutes of daylight each day? 1 minute each morning and evening.



We want you to join our
ENL Newsletter.

We meet on Thursday,
from 2 — 3:00 in room
1707.

