



February 2022

Level 5-6 Newsletter

# Lunar New Year

Lunar New Year 2022, the year of the Tiger this year falls on Tuesday February 1<sup>st</sup>.

Chinese New Year or spring festival or the Lunar new year is the festival that is celebrated at the beginning of a new year on the traditional lunisolar Chinese calendar. On New Year's eve all the family make all kinds of food to pray. On the new year day they don't want to cook, so they eat leftover food. On the new day, they generally give a red envelope inside envelope with money inside to old people or to younger children or unmarried relatives for good luck.

During Chinese New Year in Cambodia, we have fun and don't go to work for three days, and the family get together.

Avinon Norihiro

## **National Margarita Day**

### **February 22**



**National Margarita Day? Am I crazy? Did I read wrong? I had already heard about crazy celebrations days but this one... wow! It's really crazy! And I know that I will be happy to celebrate my favorite drink every February 22. The margarita –tequila, lime juice and ice- was created by Carlos “Dany” Herrera in 1938 in his restaurant located in Baja California, Mexico. He made this delicious drink for one of his favorite customers who was allergic to spirits but not tequila, and just like that, our beloved drink was born. The problem came when more creators of this drink appeared including: Francisco “Pancho” Morales who was a bartender in Juarez, Mexico. He said that he had invented this delicious drink in 1942. And then, Margarita Sames, a Dallas “higher class” citizen, believed she created the drink in her vacation home for her guests in Acapulco, Mexico in 1948.**

**Anyway, I know that I will not be able to know who was the first person who created this drink, but what is certain is that this elixir was made in my beautiful Mexico, *and I also know that it is my favorite drink for enjoying a nice sunset at the seashore.* And I also know that margaritas come in a ton of different varieties like strawberry, peach, mango and tamarindo. My favorite: mango margarita with chamoy. Enjoy it!**

**Fabiola Silva**



## National Make a Friend Day by Marieta Ashikyan

Friends are very important for all of us. Having a good friend is like a gift from God. In many cases, the friends become part of the family.

We are making friends during our whole life. We can have friends from kindergarten, from school, from university, from neighbors, it is very important to have a friend at all ages. Some of them stay with us for the rest of our lives.

Many people find it difficult to make a friend. They are having a difficulty to trust people, share their thoughts with them, they are afraid that they not understand them. I would like to tell those people not to be afraid to trust people, be open to making friends, if you are honest with people, they will be honest with you, and those who do not appreciate you would simply leave.

We are celebrating National Friend day on February 11. National friend day it is a good opportunity to meet your friends or make a new friend. This day is a very good occasion to thank your friends for their emotional support and help. I wish that all of you will able to make friends and a good time with them.



## Valentine's Day by Sandy Uali

Today I want to tell about my experience with Valentine's Day when I moved in USA. In our country I heard about this holiday, but we didn't celebrate it. When I moved to the United States with my husband and our kids, we didn't celebrate this holiday, as we moved on February 22, 2019. In our first year of moving, we learned about many American holidays, but many of them we didn't celebrate with my family. After three years, we have become accustomed to this holiday. And now for this holiday, my kids write postcards to their classmates. On this day I am preparing something delicious for dinner and baking my favorite roll.

I want to share with everyone a simple and very quick recipe for my roll.

### Ingredients that we need:

#### For roll:

5 egg whites  
sugar - ½ cup (about 50 grams)  
corn starch – 1 teaspoon

#### For cream:

whipping cream – 1 cup  
vanilla extract – ½ teaspoon  
sugar – ½ cup (about 50 grams)  
Philadelphia cream cheese – ½ small packs  
(about 150 grams)

### Cooking method:

Turn on the oven and preheat it to 350 F

Put 5 egg whites into a mixer at medium speed (about 3 minutes)

Mix half a cup of sugar with a teaspoon of corn starch and add gradually to the mixer bowl and continue to beat

Then increase the mixer to a high speed and beat until fluffy white foam appears

Cover the baking sheet with parchment and distribute the resulting whipped mass around the entire perimeter of the baking sheet

Put the baking sheet in a preheated oven and reduce the temperature to 280F

After about 30 minutes, take out the baking sheet it becomes rosy. Leave on the table to cool

Cut 6-7 strawberries into cubes and cut 3 more strawberries into 4 parts for decoration

Place all the ingredients for the cream in a mixing bowl and beat until the cream thickens well.

Apply with cream what we got from the oven, and top with diced strawberries.

Roll up into roll

Transfer to a beautiful plate and decorate with cream and slices on top

Placed in the refrigerator for 1 hour (not necessary)

Enjoy

I hope you enjoy my roll recipe. I wish you all bon appetit!



## **“ABRAHAM LINCOLN’S BIRTHDAY”**

**Abraham Lincoln was an American lawyer and statesman who served as the 16<sup>th</sup> President of the United States from 1861 until his assassination in 1865.**

**He is famous for the Gettysburg address, abolishing slavery and being one of the four presidents who have been assassinated. When the black Hawk War broke out, the volunteers elected Lincoln to be their captain. After the war, Lincoln announced his intention to stand for the Illinois Legislature.**



**As a president, he built the Republican Party into a strong national organization. Further, he rallied most of the northern Democrats to the Union cause. On January 1, 1863, he issued The Emancipation Proclamation that declared forever free those slaves within the Confederacy.**

**By: ERIKA REYNAGA**

## DO YOU KNOW THAT GRILLING YOUR FOOD IS BAD TO YOUR HEALTH?



Of course people who love steaks or any grilled food are going to be non-plussed. We are all accustomed that grilling food is a big part of summer in the United States. Today is world CANCER day. It caught to my attention why is CANCER so common in the US. The problem comes down to CARCINOGENS. Have you heard or know about carcinogens? In simple, layman's term, this is a chemical substance which may formed as part of the grilling process. But before canceling your barbecue for this summer, there are ways to lower the carcinogens in your food.

Marinate the meat prior to grilling may reduce the formation of heterocyclic amines in layman's terms, chemical substances

Cook it at a lower temperature this means cook it for a longer period of time

Use a gas grill if possible

Manage the flame by making sure the flames die down before putting the meat on the grill

Trim the fat prior to grilling to decrease the amount of another chemical substance named PAH

Lastly, choose the right charcoal like coconut shell charcoal which develops significantly fewer HAs and PAHs than wood charcoal

Keep in mind that just like everything in life too much of something is bad enough, moderation is KEY.

By Evan Perez



## HOW FRENCH IS A FRENCH KISS? *Olivier Phillippe*

As Valentine's Day has been celebrated this month all over the States, the luckiest lovers certainly concluded their very special dates with a tender "French kiss... After vaccines, boosters, tests and sanitizers, of course. But what is so French in this very special kiss, which is, obviously, not only "tender"?

As a French guy, I used to kiss my wife for many years now and a very few other women and girlfriends before her (don't mention it, please), I have always been wondering why this way of kissing was called "French" here. As you can probably imagine, French people don't call a kiss "French", even a deep, sensual one, with tongues touching, to describe it clearly! In fact, we don't use "French" at all in our current vocabulary. No "French fries", "French doors", "French toast", "French dressing" or "French manicure" either in our country, self-centered enough! And by the way, we don't say "French letter" but "English hood". Funny, isn't it? And so, you probably wonder what's the name of a French kiss for the Frenchies? It's a "Patin", meaning a "skate". Don't ask me why...

So how this little tongue-game became so famous all over the world and has even created a verb here? "Did you French-kiss her?" I heard recently between two friends after a date at a very high stake... Ok, we, Frenchies, are romantics, liberals and slightly raffish (according to

Personally, as a kid I had no clue that a kiss could have any nationality. And especially one that could radically change its meaning, current stereotypes, of course). Nevertheless, we're not the only country to use tongues in sensual kissing. Are we? Well... We're not... anymore!

Regarding the experts (yes specialists in kissing do exist!) the expression appeared in the 20's and really spread out in the 50's in the United States. What's the link between those two waves and France? The only events that certainly pop up in your mind for these periods of time don't inspire love, but war. Wars! WWI ending in 1918 and World War II ended in 1945... According to Sheril Kirshebaum, author of "the Science of kissing" it's clear that the expression came up with the Americans soldiers who had travelled to France to liberate Europe. Twice.

Apparently, French women during these two periods were more than happy to be liberated from the Germans by the American soldiers. Driven each time by their intense happiness and acknowledgment they've found instinctively that very simple way to express their feelings straight! Without any translation needed. Americans, perhaps more influenced by puritanism at that time, weren't so used to this kind of manner. A little shocking though. But very pleasant too, their strongest experience of the liberation was about to become definitely associated with France...



# Groundhog day



## Are we in for six more weeks of winter?

*Only a groundhog knows for sure. Every February 2nd, people flock to Pennsylvania on Groundhog Day, to await the forecast of the local celebrity. When the hibernating groundhog comes out of the cave, if the weather is warm and shiny, he sees his shadow, the winter chill will continue for about 6 more weeks. Oddly, if the weather is cloudy and he doesn't see his shadow, we can expect early spring.*

## History

*The custom originated from German immigrants who settled in Pennsylvania. It is interesting to celebrate the festival as this tradition continues in the current United States.*

## Is the groundhog accurate?

*Studies have proven no strong correlation between a Groundhog seeing its own shadow and the arrival of spring. According to data Phil's six-week predictions have been correct about 39 percent of the time.*

## Do you know another meaning of groundhog day?

*There is a movie "ground hog day ". It's about a TV weather man who covers an annual Groundhog Day event, only to get caught up in a time loop and have his day repeated, forcing him to relive the same day. Like this movie, when the similar negative situation has been repeated many times, we say "it's ground hog day". "My old car breaks down, It's a groundhog day!" "You're late again, it's a groundhog day"*

*By Yoori Jung*



# WORLD NUTELLA DAY



**By: Jaime Espinosa, Level 5-ESL**

Have you ever tried a slice of toast with the magic ingredient in the morning? This magical ingredient is Nutella. Nutella is a spread flavored with hazelnut and cocoa. The product is popular throughout the world.



Thanks to the popularity of this product, we have an international day to celebrate it, eat all day and make recipes that contain Nutella and enjoy with our dear ones one bite of happiness. On February 5<sup>th</sup>, Are you ready to throw party honoring this magical creation?

The delicious magic of this product born in 1963 when Michel Ferrero mixed hazelnuts, cocoa and a little bit of sugar and suddenly, PUUUUUUM! An explosion of flavors. Thanks to the blogger Sara Rosso, she established World Nutella Day on February 5<sup>th</sup>, 2007.



World Nutella Day offers a lot of opportunities for the Nutella lovers to get involved, for example you can host a Nutella party where you can make a different plate with this ingredient like cakes, pies, tarts, crepes, etc. you can also write a Nutella poem or song and share the photos and recipes on social media using the hashtag #WorldNutellaDay.

Finally, if you want a wonderful time each February 5<sup>th</sup> don't forget celebrate this amazing creation and have a lot of fun with your friends of family.



## **“NATIONAL PIZZA DAY” by Fabiana Tantini**

Every year on February 9<sup>th</sup> here in United States is National Pizza Day.

The word “pizza” has a Latin base and derives from the phrase “pinsa” which means “to pound”. The origins of the pizza were very old, it was created in the 1830 in Italy and the famous “Pizza Margherita” was cooked for the first time in Napoli, a big city in the south of Italy in the 1889.

Raffaele Esposito was a pizza-chef and he was working in Napoli when the king and the queen of Italy visited his city. They asked for a classic pizza but the chef Esposito invented a new recipe with tomato, mozzarella and basil. It was inspired from the colors of the Italian flag: red, white and green.

He called that pizza “Margherita” in honor of the queen “Margherita Di Savoia”.

The queen loved the taste of the pizza and since that day she used to offer it to her guests. Everybody started eating pizza also because many Italians emigrated. Nowadays it comes in many varieties, with high or low crust, with whole meal flours, gluten-free.

The Italian pizza-chef Gennaro Lombardi opened the first “Pizzeria” in New York City in 1895 and during the years were created toppings for pizza completely different from Italy. In New York style Pizza, Chicago Pizza, California Style Pizza we can find pizza with pineapple, chicken, fries, apple and BBQ sauce.

Since the pizza was invented, it was loved to everyone, also the children love this delicious food.





# SUPERBOWL SUNDAY

By Mauricio Islas, Level 5 - ESL

Wow!!! We don't have to wait more time to know who are going to play the most important football game in the world, better known as the Super Bowl. The football teams that already reached this great achievement are Cincinnati Bengals and Los Angeles Rams.

By the way, on Monday February 14<sup>th</sup> we will have known the new owner of the Vince Lombardi's trophy. Honestly, I'm very excited about this game because it will be here in L.A., I had been waiting for many years the opportunity to see how the people enjoy all about this great game.

The match it's going to be on SoFi Stadium on Sunday 13<sup>th</sup>, I would like to be there but it's really expensive price of each ticket, could be cost up to US \$24,000. Would you like to be there? You must have millionaire's for friends!

But instead to think a lot about how to be in this great event, you have a good opportunity to meet with some of your friends and watch the game on TV and cook some burgers and BBQ ribs and why not... some cold beers,

and may the best of both teams win!



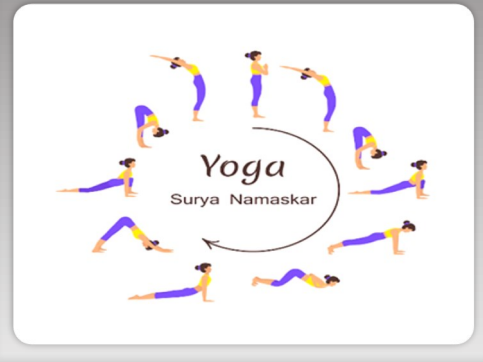


# SURYA NAMASKAR



# SUN SALUTATION

I want to talk about Surya namaskar yoga. There are different kinds of exercises like walking, jogging, aerobics, stretching, yoga and meditation. Surya namaskar is also known as Sun salutation. It comes from India in the 20th century. In India, most people start their day by Surya Namaskar with 12 beautiful postures and 12 powerful Mantras. Asanas means body postures and the definition of a mantra is a repeated word or phrase, prayer or chant. These asanas help us with a lot of benefits such as physical and mental strength, better command over your body, calmness of the mind, balanced energies, and inner peace. How to do Surya namaskar step by step? Here it is:



## Step1- Pranamasana (Prayer Pose)

Mantra: Om Mitraaya Namaha [ one who is friendly to all]

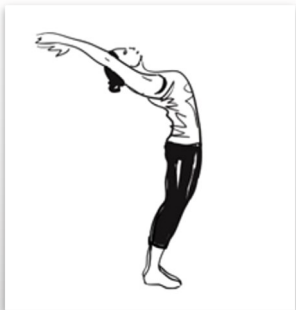
It helps maintain the balance of the body  
relaxes the nervous system.



## Step2- Hasta Uttanasana (Raised arms pose)

Mantra: Om Ravaye Namaha [the shining one, the radiant one]

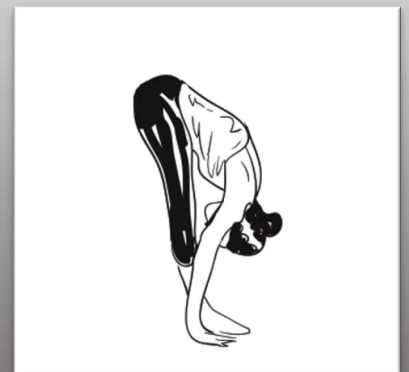
It helps stretches and tones the muscles of the abdomen. Expands the chest resulting in the full intake of oxygen, lung capacity is fully utilized



## Step3- Hasta Padasana (hand to foot pose)

Mantras: Om Suraya Namaha [ the dispeller of darkness, responsible for generating activity]

It makes the waist and spine flexible, stretches the hamstrings. Open the hips shoulder and arms.





#### Step4 - Ashwa Sanchalanasana (Equestrian pose)

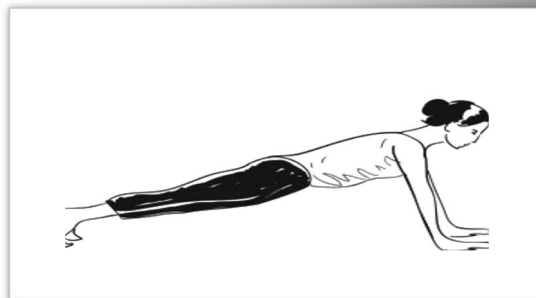
Mantra: Om Bhaanave Namaha [one who illuminates or the bright one.]

It strengthens the leg muscles and makes the spine and neck flexible.  
Good for indigestion, constipation, and sciatica.

#### Step5- Dandasana (stick pose)

Mantra: Om Khagaya Namaha [one who is all pervading, one who moves through the sky]

It strengthens the arms and back, improves posture. Stretches the shoulder, chest and spine, and claims the mind.



#### Step6 -Ashtanga Namaskar (Salute with eight parts pose)

Mantra: Om Pooshne Namaha [giver of nourishment and fulfillment]

It enhances the flexibility of the back and spine. Strengthens the back muscles. Reduces tension and anxiety.



#### Step7 – Bhujangasana (Cobra pose)

Mantra: Om Hiranya Garbhaya Namaha [one who has a golden colored brilliance.

It stretches the shoulders, chest and back. Increase flexibility and elevates mood; Invigorates the heart.



#### Step8-Parvatasana (mountain pose)

Mantra: Om Mareechaye Namaha [giver of lights with infinite rays]

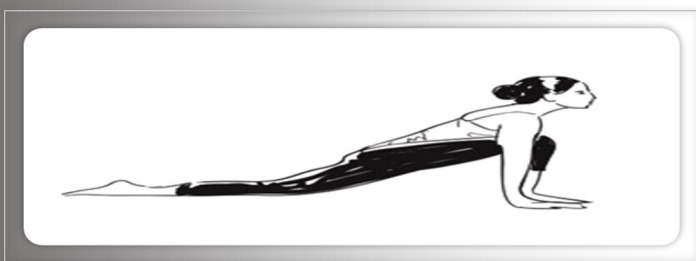
It strengthens the muscles of the arms and legs. Increases blood flow to the spinal region.



#### Step9 – Ashwa Sanchalanasana (Equestrian pose)

Mantra: Om Aadityaaya Namaha [the son of Aditi, the cosmic divine mother.

It tones the abdominal organs. Adds flexibility to leg muscles.





#### **Step10- Hasta Padasana (hand to foot pose)**

Mantra: Om Savitre Namaha [one who is responsible for life]

It Stretches the Hamstrings. Its open the hips shoulders and arms.

#### **Step11 – Hasta Uttanasana (raised the arm pose)**

Mantra: Om Arkaaya Namaha [one who is worthy of praise and glory]

It helps stretches and tones the muscles of the abdomen. Expands the chest, resulting in the full intake of oxygen, and lung capacity is fully utilized



#### **Step12-Tadasana (standing or Palm tree pose)**

Mantra: Om Bhaskaraya Namaha (giver of wisdom and cosmic illumination)

It improves postures, strengthens thighs, knees and ankles. Relieves sciatica.

Here are the beautiful Asanas and Powerful Mantra. I am recommending do in the early morning. If the time is not suitable for you then use any in the day but ensure that your stomach is empty. Surya Namaskar gives very good benefits like body become toned and flexibility, weight loss, beautiful hair and skin, blood pressure and heart related problems, improves energy and awareness levels, absorption of nutrients become easier, mood swings and emotion stability, helps regulate mensurate cycle, insomnia, detoxifies your body and bone health.

**Warning to you with:** hearts problems, high blood pressure, back problems, arthritis, hernia, wrist injury, period, and/or pregnant. I recommend people with these problems not to do the Surya Namaskar.

A person who practices Sun Salutation regularly will notice significant improvements in their lives, both physically and spiritually. Always remember that while performing any yoga regimen, concentration, patience, and determination are required. *Surya Namaskar* is no different. Don't try to rush things, take it slow and enjoy yourself;lf.

By Rutika Vibhakar





My article is about the great physicist Hendrik Antoon Lorentz.

Hendrik Lorentz was born on 18 July 1853 in the small town of Arnhem in the Netherlands. Lorentz studied Physics and Mathematics at the University of Leiden in the Netherlands and at the age of 24 became a professor of Theoretical Physics. Lorentz suggested that atoms might consist of charged particles and that the oscillations of these charged particles were the source of light. His work established the foundations of modern Physics and paved the way for the quantum theory which was introduced by Max Planck and further developed by such great scientists like Albert Einstein, Niels Bohr, Louis de Broglie, Max Born, Paul Dirac, Werner Heisenberg, Wolfgang Pauli, Erwin Schrödinger and Richard Feynman.

In the year 1901, the Nobel Prize was introduced, and the first "Nobel Prize in Physics" award was given to Wilhelm Roentgen. In 1902 Hendrik Lorentz and Pieter Zeeman were awarded to "Nobel Prize in Physics" with the notes: "in recognition of the extraordinary service they rendered by their researches into the influence of magnetism upon radiation phenomena". If not for his achievements in Physics, my favorite part of Physics named "Quantum electrodynamics" or just QED, perhaps would still not exist.

He passed away on 4 February 1928 in Haarlem, in the Netherlands. The funeral took place in Haarlem at noon on Friday, February 10. At the stroke of twelve the State telegraph and telephone services of Holland were suspended for three minutes as a revered tribute to the greatest man the Netherlands has produced in our time.

By Nikolai Vostokov

